To make Andouilies of Capons Guts

Take ye gutts of a Boyen Capons or hens Begrafs them n:
ffitt & wash them very clean, keep 3 or 4 yards of ye gutts
let them be of ye greatest sort, you must turne them e make
clean. When they be all made clean

To Keep Goosberyes

Take your Goosberyes cut off ye eyes & Stalks & put them in glass bottles fitted to ye neck cork them up very close then put them in a kettle of cold water & set them on the fire where they must scald or boyle. till they are all turned white take them out & pye lether over them yt you may be sure no air can come to ym put ym in a coole place & use them as you have occasion but wn you once break a bottle you must use them all.

A Seed Cake

Take 4 pound of flower well dried & sifted 3 pound of butter new out of ye Churne wash it in orange flower (or rose) water. take one 3d part of ye flower & mix it with a full pint or more of Ale yest & warme milk & beat it well with your hands as you do french bread yn set it to rise. then melt the butter in a dish & before it b'ont oyle when tis melted mix with it 14 yolks & 4 whites of new laid eges yn put in ye 2 parts of flower left wch must be shaked in through a dredging box, then mix both parts together, as its going into ye oven mix in 3 pound of Carrow Comfits, & sweetmeets. the comfits must be ready dried at ye fire before you put ym in.
an hour will bake it, tis best in a pany pan.

Jelly of Goosberys

Take a pound of fine sugar put so much water to it as will dissolue it then b
it up almost as high as for Cakes then put into it 3 qrts of a pound of deer Goosber
pes must be picked & a little broken in a mortar boyle ye Goosberys in ye liq
till they look deer then run it throw a hair sieve & use ye deer.

Aprecock Jumbals

Take dried Aprecocks cut off all ye outside yt is hard or sugared put it in
a mortar & beat it very well till it be all equally sold yn put to it abo
half so much as ye Aprecock of Gum dragon ready steeped & strained
mix yn in ye mortar well then put to it fine sugar searsed as much a
will make it in a past fit to role so role yn out & put on papers drye yn
in a stove. plum yn will do thus —

Deer Curran Cake

When your sugar is boyled as high as twill sugar again power in your Curran
Jelly (without skining ye surup yt sugar) then take it off ye fire & str it a little &
put it on 2 or 3 times & then put it into glasses & order yn as other Cakes.

Aprecock Cakes

Stone yt Aprecocks then weigh them take their weight
in ye finest suger, divide yt suger in 2 parts & strow ye
one part in ye Bason you pare yt Aprecocks in, cut them
d in too thinn slices let ym lye in ye suger a pretty

a pretty while till it is a little mellted then boyle them
fast till it is a mash, then with ye other part of the 4
suger make a syrrup & boyle it to Candy height & put
it to ye other stirr it all well together & set it on ye
fire again to heat, so put ym in scaucers & turn ym
on Glasses.

we find it best not boyle ye suger to quite so
high a Candy it being apt to Lump.

To make a Cordial red powder for comforting ye Heart & is good in any feavor Smal Pox & surfet.

Take of Cardus, Pimpernel, Scabius, Formentel & Betony of each one handfull shred ym small & steep ym in 3 pints of whitewine 24 hours in ye mean time shake ym often in your glass bottle. then take a pound of ye best Bole armenick pound it & searce it fine put it in a bason & pour into it as much of your wine as may wet it like pap then set it in ye sun yt it may drye wch being in some measure effected pour out again more of ye liquor as at first & so contin till all ye liquor is spent & wn it is thus in ye bason drying you must often stirr it wth a spoon & when tis as thick as Pap put into it one ounce of Methridate Diascordium & Alkermis & a drams of saffron finely powdered & wn it is something dryer lay it out in cakes & balls to drye. wn you use it scrape as much as will lye on a 6d & give in Cardus water or Dragon water warm'd you may increase or deminish it acording to ye age of ye patient.

Tis best infuse ye quantity of herbs twice in ye wine.

Gasquoines Powder

Take of ye Claws of ye Crabb shell being beat into as fine powder as possible you can (four ounces) of Skarle & carrol of each half an ounce beaten likewise into very fine powder & yn put ym to ye Crabb shell & mixe ym well together. and then make this powder into a past with ye Jelly of snake skins adding to it a little rose water wch hath had saffronne in it to give it a tincture then work this well together into

& paste, & so make it up into little balls mixe but about so much pow
together as will make two balls.

How to make ye Jelly of Snakes Skins.

Take 10 or 12 Snake or Viper Skins clipt or cut each of ym into 3 or 4 peic
and tye ym loosely together with a thred: put this into a clean
pipkin glazed yt hold about a pottle of spring water. Set it on a
Charcoale fire the pipkin being covered all but a little vent so
let it boyle till you find ye Skins so tender as they will easily
pull in peices takeing off ye first thick black scum yt doth rise
when you perceive ye Skins very tender (wch will not be till above 2
parts of ye water be boyled away) then straine it through a cloath
& squeeze ye Skinns till you see some thick black stuff to come ou
then take this liquor & put into a lesser pipkin glazed within, cove
it close & let it stand simbering on ye fire till you find it will
Jelly wn it is cold. with wch Jelly you are to make up your powder.

The Crabs are to be taken out of ye Sea when ye Sun & Moone are
in Cancer wch hapens but 2 dayes in ye yeer. they must be bou
quick & dead in yt time. all ye claws of ye Crabb are good but ye
tips of ye ~~to~~ claws are best.

Dr Wrights Sprraine Plaister

Take ye best oyle olive a quart, Litarge of gold a pound & half, yellow wax Rosen of each 4 ounces, Ammoniacum Bdellium Sagapenum & Galbanum Armoniacum & Ellemmy Lapis calaminaris finely powdered 3 ounces of ye root called Aristolochia round of round Hearts worth one ounce & half of Olibanum Mastick Mirrhe Amber Dragon balsom one ounce of each finely powdered severally Crocus Martis red Coral red haery of ye Load Stone finely powdered severally of each half an once Cypris turpentine 4 ounces

You must first boyle ye Litarge of gold finely poudered in ye oyle a little while stirring ym well together then add ye wax Rosen & Gums strained keeping it continually stirring, When tis almost enough (wch you may know by droping a little of it upon a board a little moist or in a poringer of water) then put in ye Cypris turpentine when tis taken off ye fire then add to it ye powders mixed altogether to make it up in roles.

The red Haery is ye pwch remaines in ye botome of ye distilation after ye oyle of vitorel is drawn off well washed & dryed again

Take of this Plaister 6 drams Diapalma 3 drams cut ye plaisters into small bits melt ym together over a gentle fire wth a little oyle of wormes wn tis melted add ten drops of Natural balsam spred it on linnen wn you use it. wn you use it for vapors take it as tis at first unmixed wth diapalma spread a plaister of ye breadth of half a crowne lay on ye navel tis excellent against vapors & preventes miscarying. tis good for sprraines bruises & aches.

The Gums must be melted by ym selves & strained through a cloath to put to ye other things.

Palsey Balsome

Take 2 quarts of aquavitie or Spirit of Wine infuse in it 5 ounces of Juniper berries grosly bruised Castorum, Sarsaparilla in parators of each half an ounce bruised two handfulls of Lavander Spike rosemary flowers steep ym wth ye rest in a pitcher close stopped & it stand in a chimney corner four dayes putting hott embers shrinkin it twice a day then take 6 drams of Camphire & put it in a glass with half a pint of Spirit of wine wch will dissolve ye Camphire if you hold ye glass in your warme hand, when ye pitcher is cold put in this with ye other things & set it from ye fire let it stand for space of an hour then straine it through a woolen bagg & as it comes cleer put it by its self when he settled you may poure much cleer from it. It is good to anoint any place yt complaines of ye palsey its good for weakness with ye Gout or weakness in ye sinews yt come of cold humours a little in a cloath held to ye nose is good for fits of ye mother, for ye head ach used to ye temples, it may not be taken inwardly.

Jackamahacka in ye shell & mixed wth a little turpentine to make it spread & so spread on leather & layed to ye Navel is good for vapors.

The old Surfet Water

Take Sper Mint, Balme, Wormewood of each a like quantity & as much again of Cardus as of any of these (if you have not Cardus take Rue) shred ye herbs & put ym in a pot & as much Milk hot from ye Cow as will cover ye herbs let it stand all night, ye next morning distill it sometimes stirring it yt it may still alike, put a wet cloath about ye edge of ye still to keep it as close as you can.

French Bisket

Half a pound of double refined sugar finely searced grate ye pill of a Lemon & mix with ye sugar wring a little of ye Juice of ye Lemon in it ye white of an eg whipt up to froth temper ye sugar & pill with ye egg to a stiff past make ym up in little long & round things lay ym on flowered papers not to close together, let ye oven be almost as cold at botom as to lay your hand & quick at top. when they begin to turne yellow at ye botome they are enough take ym out those yt are soft put in again to harden.

To make bad barme good

Take stiff barme yt is grown sowre & wash it in cold water so let it stand & then wash it again in 3 or 4 water till all ye sowrenes & bitternes is out, then put a little sugar to it & stirr it well together & set it before ye fire tell its worke all to light barme then put more of this then of other barme

For a looseness. Mr Seward

Take of black cherry tree leaves (wch must be gathered ~~about~~ about midsumer & dried) & of bramble leaves of each a handfull boyle them in a quart of milk till a pint be consumed drink of it a good draught night & morning for 3 days together.

for ye same

Ginger either sliced or in powder put upon a chafindish wth a few coales in it & put into a close stool box ye pan taken out sit upon it for a quarter of an hour with a blanket put about to keep warme.

Dr Sidenhams preparation of Laudanum taught me by Lady Symson

Take of ye best crude Opium 2 ounces Safforn 1 ounce Cloves & Mace in powder of each one dram, pick the Opium clean, put the safforn as small as can be, then put all into a high earthen Jug with a narrow mouth put to it ~~3 pints~~ a pint & half of ye best canary sack tye a paper e blader over the pot (with a pin make holes in ye blader) then set it over the fire in a skillet of water to boyle let it boyle gently about three hours (ye pot must stand so high out of the water as none of it flash in) then take it off e strain it but do not wring it too hard, when tis about the thickness of cream its enough, then keep it in Glass bottles wch must sometimes be opined bec: tis apt to flye.

For pain in ye stomack take it in a spoon wth Crabs eyes drinking a little stomack water after it ~~20~~ 20 drops safely give

Cleer Quince Cakes, Lady Symson

Take a good Quince new gathered pair it take out ye core e (being weighed) put ye quarters into boyling water let them boyle as fast as they can till tender. then take it out e imediately strain it through sittang into ye sugar wch must be ye weight ~~before boyled~~ of ye quince while raw ready boyled till it come to sugar again. ye must do but one quince at a time. if some of ye seeds be put in 'twill jelly ye better.

A Powder to allay any sharp humor

Prepar'd Pearl
Crabs eyes
Red Corral
Diaphoretick Antimony } of each two drams finely powdered & well mixed

Take half a dram at a time in Sage Tea every night & last thing for a week together once in three weeks.

For a Chin Cough Mrs Hagleswood

Take pot Tyme dry it & rub it to powder, then mix it wth hony so thick as to be easily swallowed & give it often in ye day & nigh ~~upon a liquorish stick~~

for ye same

Gather a good handfull of black Snailes in an evening & take sugar Candy beaten very small put ye Snales in a thin rag & cover em well wth ye sugar hang up ye cloth & put a dish under to catch what drops wch must be given upon a licorish stick often in ye day

For a Rapture

Ground joy a handfull, half a handfull of mallowes, knot grass, elder leaves & St Johns wort half a handfull, cut them very small, 2 or 3 Comfrey roots, as many Solomons seal roots & leaves pounded in a mortar put these into a quart of thick Creame, boyle it to an oyle, then strain out some of ye oyle, bind on ye herbs as a poultis to ye place, when it stayes ap oint ye place with ye oyle, dip in ye oyle a fine rag folded 4 or 5 double & bind on ye place, when tis well make some more of the poultis & pound some Allum & mix with it & bind on to harden ye place yt it may not break againe.

The poultis must be put on warme night & morning till you find it perfectly healed

Contre le hâle du Soleil

Prenez eau-roze deux onces, laict une once, verjus demy once, encens pilé deux dragmes, glaire d'œuf bien batuë; frotez-vous-en avant que vous coucher.

To make a black salve — Mr Mathews

Take half a pound of wax & a pint of fallet oyle then set them on the fire & seeth them & skum them very cleane then take it off the fire & put in a pound of white lead & an ounce of camphire finely beaten then set them on the fire againe & let it seeth & skum it very cleane & let it boyle untill it be as black as inke then take it off the fire when it is almost cold roll it up into roles & keep it in leather or paper for your use.

Mr Elton

For a Pearl Web or any bloodshot Eye

Take (in ye Summer leaves in ye winter rootes) of Scabius about a handfull bruise it well & put it into half a pint of good ale let it steep in twelue hours then take out ye herbs & let the patient drink it night & morning, for a sucking child ye Nurse must drink it.

Orris roots 8 ounces

Benjamine & Storax of each 6 ounces

Callamas aromatic: 4 ounces

Cipres roots 3 ounces

Cloves 3 ounces

For an Ague

Mr Helyer

Take Celandine. put it between two hot tyles till ye herbes are hot & begin to sweat then put it between two peices of red flanner & apply it hot to ye wrist.

For a burne

An ounce of Lethargy of gold in fine Powder, two spoonfull of fallet oyle two spoonfull of white wine Vinigar two spoonfull of Spring water put all these together into a dish & work them together with a spoone till it come to an ointment.

before to stir it ye same way, & no longer after tis an ointment.

For ye falling sickness or any vapors
ye cause Giddiness or Megrim in ye head

Take ye dung of Peacocks new fallen being clean from ye dirt
dry it either in ye sun or oven rather ye sun yt it may dry mo
gently, when it is dry scrape off ye white on ye outside of it
& make it into fine powder, of this so prepared for a man
take 12 graines for a woman 10 for a child 8, Mix it in a
spoone wth a little whitewine drinking a glass of it after
fast an houre after it, Take it ye morning before ye new moone
& ye day it changes & ye day after every day a like quantity,
& so as frequently as you see or find occasion.

A Water very good to cleanse ye head from all
stuffing yt cause a giddiness & swimming in ye head

Take of red sage, woodbine leaves, garden selandine & sinkfoyle
of each one handfull gather ym ye end of may or begining of June
wch ym cleane, Take also of ye best Rock Allum 6 or 8 ounces
in lumps, put it with ye herbs into an earthen pot yt is sweet
& well glazed wth four quarts of spring water, stop ye Jug
close & set it in ye Cellar or some coole place for 3 weeks
stirring it 2 or 3 times in yt space, then straine it out

and

And bottle it in cleare dry bottles, keep it coole & 'twill keep 12 months, When you use it snuff up a few drops out of a spoone into your Nostrils in a morning or any time of ye day, but you must not imediatly go out into ye air least you get cold, therefore in cold weather use it most at nights. It works gently at ye Nostrils, cleanses ye head strengthens ye braine & helps ye Memory.

To help Delivery, Earl of Chesterfeild

Take of Cumin seeds two Drams
Saffrone one Dram
Graines of Paradise one Dram
Date Stones one Dram

Make all these into very fine powder being searcid, then mingle them all well together & take 30 graines of it wch is as much as will lye upon a shilling when ye midwife thinks fit in a little Alebery or warme burnt wine. It must only be given in these cases, if ye Child stick in ye birth, or if a womans paines slacken or go quite away, or if ye Child be dead or ye After birth stay behind but in these two latter cases you must give ye double quantity wch is 60 graines but take heed of giving it at all if ye Child come wrong.

A Fume

For a Consumptive or any other Cough

Orpiment 2d best Syrupentine 1 ounce betony dried & Rubed to powder

Make these into Cakes, after his made into past & burne them one after another on a Chafing dish of coales just before you go to bed well covered with a blanket about a quarter of an hour use it 3 or 4 times.

The coales must be put into a close stool box & ye Patient must sit over it ye time directed.

Powder for ye Teeth

Take two ounces of Rock Allum & burn it well one ounce of Mirrh, half an ounce of Bole Armenior, as much red coral & salt of Sandiver beat these to a fine powder & rub yor teeth with it every morning or night going to bed & wash yor teeth after it.

Yse this constantly ye teeth will neither rot nor ake, it will fasten ye teeth & kill ye scurvy in ye gums.

For wormes in Children

spread a plaister of honey wth ye powder of Aloes, & apply it to ye Nauell.

The easiest way of makeing this Ointment is to mix the Oyle & Litharge first then the Vinager then the Water.

. Butter
ment
on & night
& white

For wormes in Children

spread a plaister of honey wth ye powder of Aloes, & apply it to ye Nawell.

For an Ulcer in ye eye.

Lapis calminaris in fine powder mix it wth a little May-Butter & a few drops of oyle to make it an ointment, Let ye patient lie upon a bed & put a little of this into ye eye morning noon & night, every time you dress it lay on ye eye Flax hurds dipped in ye white of an egg beaten to froth with Plantan & rose water.

For a Fetter y^t cured one had it 20 yeers

Take half a pound of fresh butter unwashd e not salted & two spoonfuls of ginger finely beaten e searced boyle these pretty well together then take two handfuls of Saven fresh gathered but not washed pick it e cutt it very small put ye Saven to ye butter & ginger let it boyle againe softly till it dos look green keep stirring e bruising it with a spoon while it is upon ye fire then strain it thorow a cloth e put it up for your use.

The party y^t is greived must take some of this ointment cold e anoint ye Fetter wth it two or three times a day as long as you have need, no water must come neer ye fetter as long as you use it.

Dr Lowers Cordial Tincture

Take of Guiacum Anniseeds Coriander seeds Licorish:
Alecampane roots dried & sliced of each two ounces
four ounces of Senna half an ounce of Rhubarb sliced
Infuse these six dayes in three quarts of ye best Aqua
vitæ then strain it out & keep it for your use.
Its good for ye Colick for ye Gripes, to help digestion
& many other things.

Lomatum

Two ounces of Oyle of Almons, one dram of Spermacete a little peice of
white Virgin wax put these into a galli pot, put ye pot into a little
water set it on ye fire Let it stand till its throughly melted by some paper
on ye pot, then take it off stir it together a little while, then put in fresh
water & beat it changing ye water till you have used a quart. Then power
ye water from it & keep it for use.

To make good Ink

Take a quart of ye first shot of strong Wort & a Pint of strong Stale Beer, boyle both together & scum it as long as any scum rises up, then bruise two ounces of Gum-Arabick & boyle it in till it is dissolved; after that take three ounces of Galles & break them a little, & boyle in it till they be soft, then put in three ounces of Coppers. Let all boyl a little & take it off. Put the Galls in ye bottle or pott where you keep your Ink

The Ink may be used presently, as soone as cold.

Conserve of Hippes

Take two pecks of ye bigest & redest Hippes that grow in ye feilds while they are hard. Slit ym & scrape out all ye seeds & little hairs & lay yn thinn in an earthen platter & turn ym often till they grow soft & ripe wch will be in 3 or 4 days, when they are all very soft pulp ym through a hair sive, & to every three pound of pulp put five pound of refined loaf sugar beaten & sifted thin & mix it well together & keep it for your use you must be sure not to do it over ye fire as ye Comon way is.

Palsey Water

Take 5 quarts of ye best spirit of Jack or brandy & put it
into a large glass that will hold three gallons then take
a flowers of rosemary sage betony of each half a handful
flowers of borage bugloss lilly of ye Valley & Cowslips, ye
flowers of ye lime tree of each a handful, balm mother
wort bay leaves orang leaves & flowers, spike flowers
of each an ounce & lavender flowers one gallon
gather all these flowers & herbs in their proper
season & put them into ye glass to ye spt of Jack
as you gather ym & let ye glass stand all ye while in
ye sun or some warme place, let it be covered wt a
double blader wet ye blader every time you open ye
glass & tye it down so close yt no air may get in
shake it every day, when all ye herbes & flowers are in,
this must stand six weeks after & then add these
following ingredients, Piony seeds hulled, Citern peels
dried of each six drams, Cinamon Nutmegs

Mace, Cardamums Cubebas, yellow saunders of each ha
an ounce, lignum Aloes a dram make all this into
powder & put to ye rest wth half a pound of Jubets ston
let it stand after all is in it at ye least six weeks longe
in ye sun then distill it in a glass still from this qu
you may draw neer three quarts of water two very goo
wch you had best keep by itself, then hang into ye fir
two quarts a bag wth these ingredients following, prepar
Pearl Smerdage stone musk saffron of each half a
scruple, Amber greece a scruple red roses dried, red
saunders & yellow of each an ounce make all in
fine powder & let ym hang in ye water six week
more still keeping ye glass close stopped wth ye
bladder, then take out ye bag & keep it in ye small
water for your use.

This palsey water is good for any cold desease, as dropsey
palsey Apoplex, mother convulsions, bruses, it may be
taken inwardly or aplyed outwardly bathing ye joyns

or

or any part greived, half a spoonful of ye strongest is enough at a time to take inwardly wth some crume of white bread, wch you may take morning & night. The smal is best for Children. Single Peony roots & Angelica roots are put into ~~this water~~ by some.

An excellent salue for all sore.

Take rosen half a pound as much per rosen, & virgins wax half a pound melt these together & put to a pottle of white-wine (cider will serve) & let them boyle well together then strain them through a course rag & w^n it is cold put ye wine from it & melt ye medicine again & put thereto two ounces of Camphire venice turpentine a quarter of a pound falet oyle half a pint then put it in an earthen pott & melt it again & when it is almost cold make it up into roles. It is good for all & new wounds in ye head or body, for sinews ye are shrunk, to draw out thornes or broken bones or biteing of any venomous beasts all maner of aches in ye limbs.

Yt begs not boyled so high as to role but keep it in potts for your use

Mace, Cardamu
an ounce, 1
powder
let

Mr Keith

For a bruise or sprain in any part

Take as much salt as will cover the part then lay it upon a cloth 3 or four double, put it with only so much water as will make it stick together, make it warme & bind it upon the part let the patient go into bed & lye there twelve hours, then take it off, if there remains any weakness repeat it fresh once more, this will cure any bruise if no bone be broke or out of joynt.

If possible take away some blood imediatly.

The salt must be laid on as thick as a Poultis.

the strongest
crime of
the
18

An Excellent Medicine for ye Stone

Take a pint of Ale & a pint of white wine, mak of it a Posset & take ye Curd off clear, then set ye drink on ye fire with a handful of pelitory of ye wall and 10 or 12 Bay Berries & a penyworth of Parsley seed; Let this boyle till a quarter be boyled away then strain it & put in whilst it is thus hott a spoonfull of Spermacita ye juice of a Lemon & a little Nutmeg scraped, Drink this either in ye fitt, or when you fear it three mornings for prevention.

For a Diabetes

Take ye pairings of a horse hoofe; yt wch is cast off when ye smith paires off for shoeing; dry ym in a gentle heat, such as an Oven when ye bread is drawn, when dry enough to powder, powder ym & sift ym fine, give about 40 graines twice a day, when ye stomach is most empty, in a smal draught of Oake bud water, or plantin water or any such astringent water Let ye patient fast two hours after each dose. It should be chiefly ye inward part of ye foot, yt wch is paired off from ye part called ye Frog.

A Copy of Mr Bernard's advice

for one had an eye tooth broke wch impostumated & broke upon ye outside very neer ye nose, & does so upon any cold.

There is no question but that ye swelling & gathering are owing to ye root of ye tooth wch remains in; & till that be removd it will certainly continue to gather & break. probably ye jaw bone may be something affected; if it be not, yet by ye frequent collecting of matter (if by ye removal of ye stump of ye tooth it be not prevented) it will be so in time. not that there is any danger if it be, but only a great deal of patience will be requisite for casting off ye bone. when it breaks next it may not be amiss to examine with a probe whether ye bone be not bare, if so it will be then time to take farther advice.

The best wash for ye part is this

Myrrh & Mastick finely poudered of each half a drachm infusd in claret warm for 24 hours. then pour off, & hold a little frequently in ye mouth.

For ye biteing or stinging of any venomous creature.

Heat any peice of Iron red hot & hold it neer ye part that is stung as long as ye patient can indure it

Dr Ratcliffs Plaister for ye wormes

Gum Galbanum as much as will make a plaister for ye belly, Aloes rosata two drams, make these into a plaister for ye belly, let it stick as long as it will.

For Stopage of ye water

Take Powder of Medlar Stones & Peach Stones of each a like quantity mix ym with as much sugar as both ye Powders put all in White wine & drink it.

For ye Strangury Mr Keith

Take Camphire, drop upon it a few drops of oyle of sweet Almons in want of it Spirit of wine or good Brandy, this dissolves it then mix it with any Syrup & let ye patient drink it, 10 grains of Camphire for a Child, it must be proportion'd to ye age of ye person.

For a Cough Dr Ratcliff

Take Linseed Oyle Fresh Drawn, without fire, a Pint, Syrup of Balsam of Tolu Three ounces Mix them; And take two Spoonfulls every night at bedtime & two Spoonfulls every morning fasting; and one Spoonfull at any other time when most troubled with ye Cough.

To make Balsamick Syrup

Take Balsam of Tolu two ounces boyle it in a quart of Coltsfoot flower-water or Spring water untill a pint is wasted, then strain it, & when cold add two pounds of fine Loafe Sugar; and dissolve it over a gentle fire without Boyling.

For Heart burning & pain in ye Stomach, Dr Stove

Get ye powder of Chalk with ye juice of Camomel & dry it in ye Sun Rett it three times & role it up in balls.
give about half a dram at any time, in milk water or any other simple water.

Dr Leith's Directions in ye Smal=Pox

Take ye best Milk-water, black Cherry-water & Barly Cinamon water of each three ounces, Plague water one ounce Comp.d powder of Crabs Claws one dram ye finest sugar 1 dram & half mix'd for a Julep. The dose 3 or 4 spoonfull in ye morning & evening after ye powders or oftner in case of need.

The White Decoction

Take Burnt Hartshorn rasp'd one ounce, a Crust of white bread burnt, Boyle these in three pints of River water to a quart, then strain it & when cold add to it Barly Cinamon water two ounces, of which they may drink plen=tifully.

Give half a dram of ye plain Gascoins powder twice a day in ye fever & during ye Eruption of ye Smal=pox, then from ye first day of ye pitting till ye going off of ye second Fever give from 7 to 15 drops of ye dulciped Sp. of Vitriol in their Smal Beer & every other thing they drink

Take ye Pectoral Decoction one Quart, Syrup of Marsh Mallows two ounces Honey of Roses one ounce, Mix for a Gargle.

For ye Yellow Jaundice

Take a good middle sized Lemon Cut a hole at ye top & put in half a dram of ye best Saffron, roast it before a gentle fire till it is soft, then take out all ye soft of ye Lemon put it into an Earthen plate & put to it two ounces of fine sugar & give it ye patient to eat fasting and fast an hour after it, then drink a good glass of white Wine & eat nothing till noon.
This may be taken 3 mornings together.

Powder for the Jaundice, My Lady Harleys.

Rhubarb, Saffron, Turmerick, Creme of Tartar, of each a dram, Grate ye Rhubarb, make the rest into fine Powder then mix them well together.
The dose is half a dram mixed in a spoone with some White Wine drinking 3 or 4 spoonful after each dose, it must be taken in ye morning & at four a clock in the afternoon fasting an hour after.
It is best to give a gentle Vomit before you begin this medicine.
This Powder seldom faites curcing, even when persons have been brought to the greatest extremity

The Lady Herrits Water

1. Red Sage
2. Bettony
3. Spermint
4. Angel Hyssop
5. Valerian
6. Time
7. Balm
8. Penyroyal
9. Female Celandine
10. Water Cresses
11. Hearts-ease
12. Lavender
13. Angelica
14. Germander
15. Calamint
16. Tamarisk
17. Coltsfoot
18. Avens - called Herb: Bennet
19. Saxifrage
20. Pimpernel
21. Vervin
22. Parsly
23. Rosemary
24. Savory
25. Scabius
26. Pelitory of ye wall
27. Wild Marjorum
28. Roman Wormwood
29. Dragons
30. Speedwell
31. Cardus Benedictus
32. Mother of Time
33. Field Daisies with ye flower root & leaf
34. Rue
35. Maiden hair
36. Yarrow
37. Comfrey
38. Sweet Marjorum
39. Cammomile
40. Plantin

Of each of these Herbs take a handful when clean picked from ye stalks

41. Eyremony half a Peck
42. Cowslip Flowers half a Peck
43. Rosemary Flowers ~~half~~ a quarter of a Peck

Drugs

44. Elicampane roots dryed
45. Melilot Flowers
46. Calamus Aromaticus
47. Spikenard
48. Cardamums
49. Signum Aloes
50. Rhubarb sliced thin
51. Gallingal
52. Zedoarie
53. Cubebs
54. Graines of Paradice
55. Annisseeds
56. Fennel seeds
57. Carraway seeds of each of these two Dram.
58. Juniper Berries — — one Dram
59. Aromaticum Rosarum — — three Drams
60. Sassafras sliced — — — — half an ounce
61. China Roots ~~one~~ — — one ounce
62. Hartshorn Shavings — two ounces

63. Indian Snake root in powder — one ounce

Spices

64. Nutmegs
65. Ginger
66. Cinamon
67. Peper
68. Cloves
69. Mace of each — — — Two drams

When ye Herbs are picked shred them smal mix them & put them into an earthen pot, put ye seeds spices and drugs (being bruised in a mortar) into ye midst of ye Herbs then pour upon them as much of ye best Sherry or Canary as will cover ye Herbs, so let them steep twenty four hours then put it into a Limbick and from this quantity of Ingredi=ents draw three pints of Water which being mixed will be strong enough, but if you desire to have it smaller you may take a pint more from ye same stilling.

Into each

Into each quart bottle of this distilled Water put ye quantity of Cordials here expressed

70. a small bag of Saffron - about — half a Dram
71. Oriental Bezoar — — — 15 Graines
72. Pearl prepared — — — — a Dram
73. Red Corral prepared — — a Dram
74. White Amber prepared — half a Dram
75. Leaf Gold to each quart — — four Leaves

If you would have it perfumed put to each quart of Water

Amber Greece — — Ten Graines
Musk — — — — 12 Graines

Shake all these well together in ye bottles once a day for fourteen dages. The longer you keep it ye better it will be for use.

The Receit is to put to each quart of Water half a pound of white sugar Candy beaten. a much less quantity will make it too sweet.

June is ye properest time to make this water ye herbs being then best. Fresh Cowslip Flowers being then gone is is best put them & ye quantity of Rose mary Flowers in a bottle with some good Brandy & keep it till you distill ye water & then mix it with ye rest

It is best put two parts Wine & one French Brandy & let them steep together 48 hours or 3 days before you distill it.

Syrrup of Violets

20

Pick the Violets clean from all white & green then weigh them & take twice their weight in double refined sugar put y flowers into a Marble Mortar & bruise them well then put them into a China bason, Wet your sugar with spring water then put it over y fire & boyle it till a drop will stand up round without runing at all then pour it boyleing upon the Violets & stir it well together, then cover y bason till next morning then strain it through a clean Canvas strainer & next day bottle it up & keep it in a cool place.

To make ye Red Cordial Lady Laydon

Take one Gallon of Brandy, beat one ounce of Escutchineal & put into it two spoonful of Caraway seeds, one stick of Lycorish sliced, half an ounce of Cardamum seeds beaten, 5 or 6 greines ~~of Jam~~ Jamaica Peper, 9 Figgs sliced, 26 new Raisens stoned, one Race of Ginger sliced, Let these stand 3 weeks then put in one pound of ye best Lisbon Sugar, & then let it stand one week longer, Stir it every other day after ye Ingredients are in it, Straine it off & stop it close.

It is an excellent Cordial for ye wind

Plague Water

Roots of Angelica, Master wort, Butter Bur, Peony of each half a pound
Roots of Spignel, Vipers Grass, Virginia Snake root of each two ounces
Leaves of Rue, Rosemary, Baum, Cardus Benedictus, Scordium, Marygolds with ye flowers, Dragons, Goats Rue, Mint of each 4 handful
Slice ye roots chop ye Herbs & put them into a large bottle or Earthen pot pour upon them a Gallon of ye best French Brandy & a Gallon of Sherry or Canary let them steep two or three days then distill them in a Limbick when you put it into ye Pot pour upon them another Gallon of Sherry Distill it with a very slow fire

The best way for distilling all Cordial waters is to put as much spring water to ye Herbs, when you put it in ye pot to distill as you have put Brandy & wine

Master wort is generally called Pellitory of Spain

Butter Bur is the Clote

A Drink in any Fever or small pox

Take a good handful of Red Sage put it into an earthen Jug a large Lemon cut in thinn slices Peele & juice together, pour upon it a quart of spring water boyling hot & fire then add to it half a pint of White-wine & a little peice of double refined sugar it may be drank in about an hour give it a little warme as often as ye patient pleases.

My sister H. took no other drink but this & ye White Decoction till after ye 9th day in ye small pox she had only two slices of ye Juice put in for her sug & Peele of ye whole Lemon.

Cock Broth

Take a good large ℔ Cock, skin it & break every bone and put it into a gallon of water with a little salt & set it over a gentle fire, when it boyles scum it very well and then put in one ounce & half of Harts horn shavings & one ounce of Ivory shavings & two drams of large Mace with a crust of Bread, you may boyle it 6, 7, or 8 hours according as you would have it for strength or til it is consumed to a quart or 3 pints, but take care it doth not boyle too fast, the slower it boyles the better.

Barly Cinamon Water

A pound of Cinamon bruiſed, French Barly a quarter of a pound, Four Gallons of ſpring water, Put altogether in your Pot & diſtil it, draw from this quantity two Gallons of water, When tis cold mix it & add a little fine ſugar before you bottle it.
The Barly muſt not be bruiſed.

Elder Ointment

Mr Green

In May take the Elder buds & tender green ſtalks Chop them a little, put as much Butter, freſh out of the Churn, as will boyle them, boyle it till the Herbs are criſp, then ſtrain it hard & let it ſtay till the next day, then put ~~as much~~ the ſame quantity of Elder & boyle it till the Herbs are criſp & ſtrain it hard as before, the third day put the like quantity of Elder & boyle it till ye herbs are criſp, then throw it into a hair ſive & when all is run out keep it for uſe.

A Sieil Drink for the Scurvy
Dr Broughton

Horse Radice Root sliced two pound, Garden Scurvy
Sage & Brook Lime of each three handfuls Mustard
seed Bruised Gentian Root sliced of each three ounces
The Pulp & rind of 5 or 6 Seavill Oranges to be
put into six Gallons of strong Wort during the
time of Fermentation, then strained & Barrelled
This to be used as common Drink.

The Compound Walnut Water
For a Loosenes

Take a peck of Wallnuts before the Shells are hard, with two quarts of Clove July flowers, & one quart of Red Soply leaves, let the Wallnuts be grossly pounded add to these of Mace & Cinnamon, each two ounces & Nutmegs one ounce, all pounded as the Wallnuts, Infuse all these in one Gallon of Brandy & two Gallons of Strong Beer, for 24 hours then distill in an Alembick, you may draw about six quarts of Water from this quantity. When you put it into bottles sweeten it with loaf sugar to your Pallate. The usuall dose is about two ounces which may be encreased as occasion require, & repeated two or three times in a day if there is a necessity for it.

For Agues in
Children that will not take the Bark.

A quarter of an ounce of Jesuits Bark boyled in half a
Pint of Water to a quarter of a Pint, strained & given
warme as a Glyster; repeat it once or twice a day.

An ounce of the Bark in fine Powder, & as much Venice
Turpentine as will make it into the consistance of con-
serve of Roses and spread upon Leather and applyed to
the Navel, and Wrists Plaisters of a convenient bigness.

Ldy Oxfords Syrup of Limons

To a pint of juice of Limons take two pound of double refined sugar, Wet the sugar & boyle it til it will stir to dry sugar, then pour in the juice & put it upon the fire again til the sugar is perfectly dissolved & the Liquor well scalded, but let it not boyle at all. When it is cold put it into bottles

If you grate the Limons before you squeeze them it makes the juice taste better of the Peel.

To Feed Carp

Take a Gallon of Barly Meal three pound of Chalk & a good quantity of fine Clay & make it all into a Paste very stiff put it into a Net & hang it at the end of the Pool about a foot from the bottom of the water & when you find they have suck'd away all but the Clay supply them with more according to the first & in three weeks or a month they wil be exceeding fat.

0 + Limon Cream Lady Oxford

Take four Limons pare them as thin as you can & put the Pill into a Pint of spring water & let them steep two or 3 hours before you use them then strain the water & put to it the whites of five & the Yelks of two Eggs beaten very well then squeeze the Juice of your Limons through a sive upon half a pound of fine sugar then mix them alltogether & put into the Skilled put in two spoonfull of Orange Flower water set it on the fire & keep it stirring till it be as thick as good Creame then put it into Glasses.

d Oxfords Pancakes

+ Take a Pint of sweet Creame, six Eggs leaving
and two of the Yolks, about four spoonful of super fine
Flower half a pound of fresh Butter melted, a Gill of sack,
little fine sugar & Nutmeg Grated to your tast.
eat the Creame & Eggs together & as you beat it put in the
lower beat it for half an hour, then mix in it the Butter,
ack, sugar & Nutmeg.
e Pan must be about the bigness of the inside of a Plate.
this Batter put about two spoonfull into the Pan as a
me upon a quick fire they will fry themselves, you must
t shake them, only with a Knife loosen them round the sides
ey are not to be turned & when they are enough you will
them look a little brown through. Heat the bottom of a
ate very hott to put them upon. you may strew a little
e sugar between every Pancake as you turn them out.
e Pan must be used for nothing els.

o + Fresh Cheese Lady Oxford

o Pint of Milk & a quart of Creme, boyle it up
with a blade of Mace & a little Cinamon, then take
it off the fire & stir it til it is a little cooler
then have ready strained the juice of a Limon &
half, & stir it very softly once about then take off
spoon out & cover it with a plate, let it stand
til it is curdled, then poure it into a fine hand=
kerchief & hang it up to drain til next morning
or til it is drained, then put it into a Bason &
take out the Mace & Cinamon & break it with
a spoon put a little fine sugar, then put it into a
Cullender, send it to Table either as it is or else
with Creme sweetned, its best to put the Creme in
little Cups about it

To Pickle Samphire

Pick it well & put it over a very moderate fire with water & salt, & stop it close with Bran that the Steame may not go out for two or three hours, as soone as you find it green take it off & droine the hot Liquer from it & put it thinn on any thing till it is cold: then boyle Vinager & salt & when it is cold put it together.

Rice Creame Lady Oxfords way

Take a quart of Creame & two spoonfull of Rice finely beaten & sifted, Mix them well together & keep it stirring over a gentle Fire till it thickens adding two spoonful of Orange-Flower Water & double refined Sugar to your tast. Stir it till it is Cold before you put it into the Glasses.

+ o A Cake to keep three Months, Mrs Eyer

Take seven pound of flower & three quarters of a pound of sugar, half an ounce of Cloves, Mace & Nutmegs Mix your sugar & spice in the Flower, Then take a Pint & half of good Creame & three pound of Butter put it upon the fire & keep it stirring til the Butter is all melted Have ready forty Eggs with half the Whites, a Pint & half of good Ale Yeast half a Pint of Sack, a little Orange flower water Mix all these together with the Flower & let it stand by the fire, while the Oven is heating to rise, then put in Nine pound of Currans & what sweetmeats you please, two hours wil bake it in a quick Oven.

The Flower & sugar must be wel dried Nutmegs grated, the Mace & cloves pounded fine with a little of the sugar, wash Pick & dry the Currans the day before you use them.

When you have beat your Eggs well put the Sack Orange flower water & Yeast to them & run all thorow a hair sive then mix it with the Butter & Creame.

x A Smothered Turky

Take a young Hen Turky of last year, take down the Breast bone so as it lyes flat to the Back, Truss the Legs in at the sides as a Pullet for boyling only press it down to lye flat. Put it into a thinn Veale gravy & for seasoning throw in 2 or 3 blades of large Mace, a little whole Peper, a whole Orion with a clove or two stuck in the Orion, some small bits of clear fat Bacon. There must be so much Gravy as to cover it, Let it boyle slow till it is tender. In another Saucepan boyle blanched Jellary in strong Veal gravy till it is tender, it must be cut in peices some big some small when it is tender put to it some Limon minced small all the Peel & white first taken off, throw it in to have one warme with the Gravy & Jellary. Then put your Turky into a side dish & pour the Gravy Jellary & Limon all over it so as to fill the dish & cover it as it lies in the dish

Garnish the dish with sliced Limon.

x To Pickle Mushrooms Mr Sherbourns way

As soone as they be gather'd cut off the stalks & throw them in water & salt as you do them: then rub off the out==ward skin with a flanner rag & put them in water & salt again: then put on a skillet of water & a little salt & let it boyle, then throw in your Mushrooms and let them boyle about as long as an Egg, put them in a Cullender & throw them in water & salt again: then change them twice a day for four or five dayes then draine them well & put them in Pickle

The Pickle must be made of the best wine Vinager a little salt Bay leaves, horse Radish, Garlick, Mace, Nutmegs (& Jamaica Peper if you like it) boyle it all together in an earthen Pipkin about half an hour leisurely: then take out the Horse Radish & Garlick, & let the rest stand in the Pickle til it is cold: then slice your Nutmegs thinn & put the spice in the Glass amongst the Mushroomes, & when you put your Pickle to them put in a little sack & stop them close from air

I leave the proportion of spice & roots to your own fancy, having no proportion.

To make Starch

Take four Pecks of Coan Wheat let it be cut at the Wheat Mill no smaller than Malt, sift the Flower clean from the coarser sort, put the Course into a tubb of water that will hold about seven Gallons, let it stand seven days stirring it once a day, then let it stand two days not stirr, then take a larger tubb than the first and wash it through a hair sive with fair Water & let it stand two days but not stirr it. then wash it through a sive as before then let it stand two more days and then wash it through a hair sive or a fine search, I think better let it stand two days washed as before, the next morning power off the water til you come to Starch which will be in a Cake at the bottom, cutt it out in as large peices as you can & pare off the bottom which is the Coarser sort, Lay it on clean clothes & dry it in the sun, as soon as you find it dry that is nil part from the cloth turn it upon a dry cloth, which will be in a few hours, before let it be full dry before you box it up.

6

Mrs Fosters Fricacy of Chickens

Take your Chickens & skin them, cut them all in Joints & wash them in cold water 3 or 4 times, then take about two ounces of fresh Butter & put into ye Stew pan, when it is melted put in ye Chickens & let them boyle up til they be half done (this makes them eat tender) then put in a Pint of weak Gravy & let them boyle til they are enough then take them out & strain ye Gravy & skum off the fat; then take two Anchovis a bit of Lemon Peel a little Onion chopt together very fine a little juice of Lemon 2 or 3 spoonfuls of Creame, some grated Nutmeg 2 or 3 Yelks of Eggs, & beat them up together then put them into the Gravy & set it over a slow fire, & keep it stirring til it be thick, then put in ye Chickens & shake them together til the Sauce hangs about ye meat, do not stir them with a spoon for that makes ye meat look ragged, so dish it up.

The sauce all over them.
The Gravy is made with Beef, whole Peper, Orion, sweet Herbs, Anchovis & a little Lemon Peel.

Another way

Cut off the feet of the Pigeons, flat the breast bone, season them with Peper & salt then take the Livers, a little Parsely & Lives shred small, a lump of Butter a very little Peper & salt, a little Anchovy, beat it into a paste as for balls, fill the belly of each Pigeon with it, then sew up the Neck & Vent, Broyle them over a slow fire, when enough serve them up with only melted Butter.

Wax Candles

To a pound of Wax put half a pound of Tallow, melt them together but let it not boyle, then pour it into the Moulds & fill them up as they sink, the Moulds must be rubed with a rag dipped in Oyle between every filling, they must be taken out before they are quite cold, Wax Candles must be made in hot Weather.

o Mould Candles. My Lady Noirne's way

Take twelve pound of Tallow (Ox is the best) shred it put it in a Pan with a pint of Water. Let it boyle over a gentle Fire until it be melted, when the little Lumps begin to turn yellow, strain it out in a proper Vessel, when it is cold, put it in the Pan again, with a pint of Water, eight drams Salt Peter & eight drams of Talk beat to powder. Let it boyle gently & take off the skim as it rises, let it Boyle as long as any bubbles rise, for whenever the water is exhausted it will cease, then power in a proper Vessel, when cold scrape the Rustus from the bottom, then Melt it, & Run it in your Moulds not too hot. If you find the Candle spattles, depend upon it you have taken it off the fire before all the Water was exhausted.

A third part of ye Tallow boyles away

A Candle of 8 in the pound, made this way will burn above five hours

Fine sugar, a quarter of an ounce of Mace, ye same of Cloves, three Nutmegs, a little Ginger, a quarter of a pint of ye best Brandy, Citron Lemon & Orange Pill what you think fitt the Butter must be beat to Cream then put in your flower & all the rest of your things beating it til you put it in ye Oven, four hours will Bake it, the Oven must be very quick.

+ To stew Pigeons in a Jug

Season your Pigeons as for a Pye, to a dozen of Pigeons put a pint of water, a little bunch of sweet Herbs an Onion & a bit of butter into every Pigeon & some on ye top of ye pot stop it close & set it in a kettle of water boyling hot; two hours will do them: when they are enough take out ye liquor thicken it with (burnt) Butter & put Mushrooms in & if you please garnish it with Lemon & serve it up.

+ To Broile Pigeons.

Cut Truss your Pigeons whole, as for a Pye, beat them flat with a roleing Pin on the breast, season them with Pepper & Salt, Put them upon a Gridiron over a slow fire to broyle, flower & baste them as they broyle, when they are enough have ready a strong Gravy & Claret of each a like quantity, make it boyle, thicken it up with butter & flower, then put in your Pigeons, just give them a warme in it, Toss them up in it that it may hang thick about them, & so dish it up pouring

the

Spunge Biscaker

Take twelve Eggs six of ye whites, beat ye whites by themselves with a whisk till you can turn ye bason up & that not fall out, then put in the yelks & mix it with ye whites, then put in a pound of fine sugar searsed & dried before ye fire then beat it with ye whisk till it rises in bubles, then take out ye whisk & stir in nine ounces of fine flower sifted & dryed grate in some Lemon peel & fill your pans, being well butered, sift a little sugar over them when they are in yo pans.

New Almon Biskes

Blanch & beat very fine, with just as much Orange flower water as will keep it from oyling, half a pound of Almons then beat eight Eggs, four of ye whites put away, til they are of a thick frosh, have ready three quarters of a pound of fine sugar searsed, beat it with ye Eggs, grate in ye yellow

Rind

Rind of two Lemons a little Musk & Amber greece, put in ye Almons & beat altogether, add three ounces of fine flower, wel dried just shiver it in, fill your Tins & bake them in a pretty quick Oven, as you set them into ye Oven shake a little sugar over them, butter the Tins every time you fill them. If you would Ice them set ym on ye bottoms of ye Tins & put ym on ye Sect & Ice ym as a great Cake.

These Bisketts must be made as ye Spunge Bisketts beating ye whites by themselves with a Whisk, ye Lemon Pill must be grated in as you fill ye pans.

A Cake usualy made for Queen Anne

Four pound of fine flower dried & sifted, five pound of Currans wel picked & Rubed but not washed, five pound of Butter washed & beaten in Orange flower water & sack, two pound of Almons beaten very fine four pound of Eggs, half of ye whites taken out, three pound of fine

you must allow at least half a pound of sugar to every Orange besides what you put to ye meat to fill them with.

Aprecock Chips

Stone & weigh them, to a pound of Aprecocks take three quarters of a pound of sugar beaten, then pair & cut them in halfs or quarters & cover them in ye dry sugar when they are all in ye sugar put to it a full half pint of water & put it over a quick fire scum them & boyle them as any peice grows tender & cleer take it out clear from ye syrup & lay it in a bason & strew fine sifted sugar over them so lay one row upon another with sugar between till they are all done cover ye top with sugar & put ye bason in ye stove let it stand till they begin to dry a little on top then lay them out on glasses sifting sugar on them, turn them every day sifting sugar on till they are dry.

Lady Cardigans Egg Crem

Take the yolks of 8 Eggs ye Whites off three half a pound of fine sugar in powder a gill off sack 2 spoonfulls of orrang flower water the juice of 3 good Lemons a quarter of a Pint off Creme beat all these very wel togather then put them over a slow fior till it is pretty thick then put it out in glasses; if you think proper a litle of the Lemon pil gratted dus very well with it

+ To pot Eeles

Cafe your Eeles, draw them wash & wipe them clean, then bone them & season both sides with peper salt & grated nutmegs, Cut them in peices to fit ye pots you take them in lay them close one peice upon another, till ye pots are full, then take fresh butter in thin slices & cover ye top of ye pots, put a course past over them put them into an Oven with Household bread, it must bake as long as ye bread, & when it comes out of ye Oven poor all ye Gravy clean from it & fill up every pot with fresh butter Clarified.

73

To stew Oranges

Take 3 or 4 Cowell Oranges without spots paier them very thinn but so that it may hang together as much as possible, then put ye Oranges into a deep pan of clean cold water put them over a good fire & boyle them till they are tender but not to crack, keep ye pan filled up with hott water all ye time, when they are tender take them out of ye boyling water & throw them into cold water, then take them out & open a hole in ye bottom of ye Orange take out all ye meat. Have ready a syrup made with fine sugar just boyled & scumed, put ye Oranges in & boyle them very fast till they look cleer then take them out & put to your syrup as much juice of Lemon as will make it tast sharp & give it two or three boyles together.

The meat out of ye Oranges must be picked from skins & seeds & a little sugar put to it & boyled a little, some juice of Lemon put to it a little before you take it off ye fire, then put your Oranges into Glass bowls fill them with ye meat & put on ye Cover.

The Seed you paired off must boyle in ye Oranges till tender then give it two or 3 boyles in ye syrup, put it about every Orange in ye Glasses, then ~~fill~~ power ye syrup over them till ye Glass is full. eat them warme or cold.

—you must

and n

Orang Chips

Take ye beg
clean then
put them ove
keeping the
when they
then make
cover them
Orang Peels
ye Syrup fro
till they loo
put some me
power it up
then lay the
& turn them

If you do a g
ye Syrup & on
lye on ye top

+ To stew Oranges Mrs Plaxsto

red fine or grated, put them in water for 24 hours or
dags, then boyle them in a cloth till they are tende
ning them filled up with hott water, when they are
der throw them into cold water for an hour or two
n cutt them in two & pick out all ye seeds then
in some poundet double refined sugar over them
them stand an hour or two in it to deer
n take juice of Orange & some lemon strained the
them over a gentle fire to stew till they are deer
n them turning let them lye in ye syrrup till you use
n, put no water to them.

pound of sugar is enough for three good Oranges, the juice
two Lemons & 2 Oranges

Orang Chips

Take ye best Seeil Oranges free from spots, wash them clean then pair them thick, put them into cold water put them over a quick fire & boyle them till they are tender, keeping them filled up with scalding water all ye time, when they are tender throw them into a hair sive to drain then make a syrup of fine sugar as much as will quite cover them boyle it pretty high & power it boyling upon ye Orang Peeles, so put them into a stove & every day power ye syrup from them & give it a boyle so put it to them again till they look cleer, then power all ye syrup from them & put some more sugar to it & boyle it to a Candy height & power it upon them let them stand 24 hours in this then lay them out to dry sifting some fine sugar on them & turn them every day till they are dry.

If you do a good many together it is best to keep them in ye syrup & only dry a few at a time, takeing those that lye on ye top to dry

Mrs Pl[illegible]

To preserve Apricoks green

ke ~~the~~ those Apricoks are freest from spots, wipe ém clean wth
loth, if there be any spots scrape them off, weigh ém,
en put ém into a Skillet of water cold, put it over a
ow fire wth 2 or 3 handfulls of Sugar, cover it close, let
em stand over the fire till they are very green and tender,
en take their weight in the finest Sugar & boyle the sugar
a thinn Syrrup, when 'tis boyled drain the Apricoks from
e water & put ém in a bason or pott & pour the sugar
t upon them, cover ém close, next day just boyle up the
ugar & pour it hott upon ém again, the next day put ém
gether over the fire & boyle ém just up, then take ém
ear from the Syrrup & put ém into jelly or a fresh Syr=
p of Sugar made sharpe wth juice of Lemons: If you only
ake a Syrrup you must boyle it till a drop will stand &
en put in the Lemon, first run thro a Flannel, &
ly let it boyle up after the juice is in; The jelly must
e made wth Pippins as you do for other things: The
pricoks may be kept in Syrrup & put into Jelly
nly the day before you would use them.

Full quantity pour into it ye juice of raw Quinces so put it over a quick fire boyle it as fast as you can scuming & stirring it all ye time that it may not burn. when it is broken to peices & all tender it is enough, if some peices are not quite broke twill eat ye better, then put it out in Glasses or potts

The juice may be thus ordered, take ye ripest Quinces pipes clean & grate them, as one grates let another wring out ye juice, when all is wrung out put it over ye fire to clarify it, when a thick scum rises upon ye top take it off ye fire & run it throw a jelly bag & of this juice put to four pound of Quince a pint & half if you have it els less will serve.

Red Quince Marmalet.

Pare & Core ye Quinces to a pound & quarter of Quince put a pound of beaten sugar. & a pint of spring water put all cols together into a preserving pan & put it over a quick fire, boyle it fast takeing off all ye scum rises, till ye quince is all very tender then take most of ye fire away & cover it close let it stand over ye fire (without boyling) till its just turned of a pale red, then put into it ye jelly made of ye seeds of ye Quinces & put it upon a good fire & boyle it as fast as you can till its stiff enough to put it into Glasses. Break ye peices well before you put ye jelly in.

To make ye jelly

Pick out all ye seeds out of ye Cores & put them into half a pint of water (so much if you have 4 pound of quince) then put it over ye fire & boyle it till ye water looks thick & like a jelly then run it throw a sive, or Canvas strainer & put it to ye Marmalet.

To Dry Angelica

Cutt ye Angelica while tis young & tender, cut off all ye joynts then weigh it, Peele it into cold water when tis all peeled put it over ye fire & let it boyle till tis tender, have ready a Skillet of scalding hott water, then put all ye stalks in, put a little sugar to it then cover it with a paper to keep it under water & a plate over it, let it stand over a fire till ye stalks are of a bright green, make a syrup wth neer ye weight of fine sugar (3 prts pts a pound) boyle it pretty high then put ye stalks drained from ye water into ye syrup (dry them one boyl in ye syrup) & let them stand 5 or 6 dayes in a stove burning them in ye syrup every day then lay them out to dry sifting a little fine sugar on them every time they are turned till dry. when they are put in ye syrup you may put some paper to keep ym under ye syrup.

Egg Cream

Take 8 yolks 2 whites of Eggs, a quarter of a pint of Cream a quarter of a pint of Sack 2 Spoonful of Orang flower water half a pound of sugar & ye juice of three Lemons, Beat them all together & set them on a small fire to thicken, keeping them alwayes stirring.

Harts horn Flomery

Harts horn Jelly made stiff then melt it & make it pretty white wth Almons (blanched beaten & strained into it) a very little sugar, put it into small China cups when quite cold hold ye cups in hot water to make it slip out, turn y^m out upon a China plate, eat it with white wine or what els you lide, sometimes pour up white wine in ye bottom of ye plate, for variety ~~you~~ may beat up ye white of an egg & put on ye tops of ye wine, or a little Creame & white wine whiped up together

you may beat ye Almons wth a little Orang flower water or any thing els you lide. a little juice of Lemon sometimes will do well.

Cleer Quince Cakes

Take Quinces without spotts or bruises pair them & cutt out all ye Core clear, cut every quarter into two peices pick out all ye seeds, take a pint of spring water put it in a preserving pan over a quick fire to boyle when it boyles put in a full pound & quarter of ye cutt Quince not ye seeds into ye boyling water, boyle it as fast as you can till ye quince is tender, then put it into a hair sive when ye Clear is run out put it again into a jelly bag to make it fine, to a pint of this jelly take a pound & quarter of fine sugar boyle it to Candy height then take it off ye fire & stirr it till it is very thick but not quite Cold, then pour in ye jelly & melt ye sugar in it warming it two or three times & scuming it clean, take care not to overheat it, then put it into glasses & order them as other cleer Cakes.

get 3 or 4 to help pare & cutt ye quinces that they may not lose their color before they are put in ye boyling water

a quart of water & two pound & half of quince pomt made above a pint of cleer jelly hardly so much if very fine. two or three handful of Barberies put into ye quince when boyling makes a very fine red cake.

White Quince Marmalet

Have your sugar (ye finest) ready beaten fine, then pare & core ye best Quinces as fast as you can, cutt every quarter into 2 or 3 peices, put a pound & quarter of Quince to a pound of sugar, unless you have many hands ~~peice~~ ~~pair~~ but a quarter of a pound at a time & as you weigh em cover them up with ye fine sugar, when you have your

full

+ Oatmeal Pancakes

Take a quart of Oatmeal grit & bruise it in a mortar, put to it 3 pints of milk heated hot & let stand all night, strain it thorow a sive having first put to it three pints more of Cold milk, then put to it ye Yolks of ten eggs & ye whites of five & two spoonfulls of flower, fry them in a little fresh butter.

To make Shereel

Take a quarter of a pound of fresh butter & lay it in water 2 hours, then dry it in a clean cloath, take ye Yolks of three eggs boyled very hard, beat ye butter & eggs well together in a mortar till they are perfectly mingled together, then beat into these two spoonful of Orang flower water & as much fine beaten sugar as you think fitt, then squeeze it thorow a a hair sive or canvas strainer, into ye dish you serve it in.

+ Mutton Steakes

Cutt a neck of Mutton into very thinn steaks, bare ye bone wth a penknife down to ye lean part, Cutt ym all exactly to a shape, then cover them on both sides with forced meat, lay every steak upon a quarter of a sheet of white paper well buttered, turn ye paper over & put one pinn in it, then lay ym upon a Gridiron over a very slow fire of Embers, they must be turned often & kept up in ye papers.

Make ye forced meat wth Veal, Beef suet, sweet herbs & seasoning as for other forced meat, some Yolks of Eggs & half ye whites with bread that has been soaked in strong broth & cold again.

To make a Pulpetoone

Take two pound of Veal four pound of Beef suet, shen ye suet clean a quarter of a pnd of fat bacon some Thyme, Parsely, a handful of Spinage, Cloves mace peper & nutmeg some salt, make this into a fine forced meat, put in 4 eggs when all is well mixed together have a Jenijon pot ready & lay ye sides & bottom with thinn slices of Bacon, then lay ye sides & bottom with ye forced meat like a Crust, then have ready three Chickens, three Pigeons, three sweet breads, some Marrow, Forcemeat, Morrells, Chestnuts, Coxcombs, Sparagus, then have half a pound of butter boyled up, throw these in & half stew'em over ye fire season them with peper salt & any other spice, when cold put ym into ye pott, cover it over with forced meat, put on a white paper next, tye it close down, bake it two hours, when it comes out of ye Oven have ready a Ragoo of good Gravie Pallets Coxcombs, Artichoaks bottoms or what you can get turn out ye Pulpetoon, Cut up ye lid, first take off all ye Bacon put in ye Ragoo, garnish it with Oyster Pates, Veal Collops, fryed Chickens or what you like.

A French Patty

A pound of Bisket beat fine in a mortar, ye Marrow of two bones, 10 eggs half ye whites beat all very well in a marble mortar by degrees till well mixe a little sack or Orang flower water, then mix pt it a quart of cold Creame, put it into a China or other dish with a fine thinn past at bottom, put a little past cross it at top so bake it as a pudding, eat it hot or cold.

Pr

A Cake Mrs Halter

Take 8 pound of flower, one pound of loaf sugar beaten & searced, 1 ounce of Mace cutt smal, 30 eggs 15 of ye whites, after they be well beaten strew in now & then a handfull of flower keeping ym still beating for a quarter of an hour then put to ym a quart of new ale yest & a pint of Rose water wher musk & Amber has been steep'd a night, set a quart of Cream on ye fire melt in it 5 pound of butter, stirr it off ye fire till it is a little cool have ye flower well warm'd at ye fire, searce it after its warmed lest there be lumps in it, put ye sugar & mace & a little salt into ye flower make a hole in each side of ye flower, & put ye eggs & yest into one side, & ye Cream & butter into ye other side, so mix it up lightly with your hands till it be well mingled together strew in a little flower over it to keep ye cloth from sticking, then cover it with a cloth & set it before ye fire to rise, a quarter of an hour will be enough. have ready 12 pound well washed & picked & warme at ye fire, & when ye Oven is hott clean it set ye lid up, & then take up ye Cake & stirr in your warme Currans stirring it up lightly with yr hands till they are all mixed in then put it into a hoop & bake it, 2 hours & half will bake it, you must have a large hoop for this quantity for it will rise high & be apt to run over if it be too full, a little more then half full will rise to ye top, if it colours too much cover it with a paper

This will take up almost two pound of fine sugar to Ice it wt ye whites of ye eggs you left out & Orang flower water, beat ye Iceing while ye Cake is baking.

To make Almon Jumbals

Take a pound of Jordan Almons blanch ym in cold water, take off all ye rotten or ugly bits, beat ym in a stone mortar putting in a little Orange-flower water to keep 'em from Oyling, have their weight of fine sugar searced, put ye sugar to ye Almons into a little dish leaving out a third part of ye sugar to role ym up, Take ye whites of 4 or 5 eggs beat to a froth, wett ye Almons & sugar with this froth, set ym on a chafing dish of coales keeping it stirr'd that it stick not to ye dish when tis stiff enough to role take it off ye fire till tis cold, then role it up (in ye sugar you left out) into Jumbals of what form you please butter a Pye plate & searce a little flower over it after it is butter'd, lay ym on & when you set them in ye Oven searce some sugar over them.

If you make Pistachia Jumbals take half Almons half Pistachia's beat ym well together & then make ym as ye Almons are

If you would make ym into Mackroones you must make ym thinner wett ye froth & something more sugar than their weight, & drop ym out on butter'd plates & not into so hott an Oven as you do ye Jumbals, & if ye Oven be of a good heat you need not set up ye stone.

Dry Raspberries Whole

Wet a pound of sugar wth water let it boyle then put in a pound of Rasps boyle y^m a pace till tender, then take them off & let y^m stand 2 or 3 days, then lay y^m out to dry, as they dry sift fine sugar on y^m, Mulberries may be done ye same way.

Almond or Chesnut Pasties to fry

Take a pound of either blanch & beat y^m wth Orang flower water, put to y^m a pound of beef suet minced, ye yolks of 12 hard eggs minced, a pound of Currans what seasoning you like, mix altogether, make ye Pasties of Puff past, but little ones fry y^m in butter.

Cousin Gladley

Carrot Fritters

Take a pound of Carrots when well boyled, beat 'em smal in a Mortar, put to these 8 eggs, ye whites of but 5, to this put half a pint of Cream, sweeten it to your tast, put in a little Nutmeg & beat all well together with 3 ounces of flower & an ounce of grated White bread, & fry them in Clarified butter be sure to beat 'em extreamly put into y^m some Orang flower water, or a little sack tis much ye best way to mix & beat these fritters ye night before you fry them.

Green Plum Cakes

Take white Plums when at their full bigness before they turn at all for ripening, use none that are spotted, without pareing catt them from ye stones, to a full pound & quarter of catt plums take a pint of water put it over ye fire & as soone as it boyles throw in ye sliced plums boyle it as fast as possible till ye plums are tender, then pour it into a Canvas strainer & let all ye cleer run from it without pressing, when ye clear is run out into a bason, strain ye thick into another bason

To a pint of ye cleer take a pound & quarter of fine sugar boyle it to Candy height stir it till its almost cold then put in ye jelly, warme it together 2 or 3 times to melt ye sugar well, takeing off all ye scum that rises then put it into Cake glasses in ye stove & order them as other cleer Cake, take heed of overheating them in ye drying.

The thick makes a fine green Cake done as ye cleer or els take half ye sugar & boyle it with ye plum & with ye other half made a Candy & when stird a little to coil it mix 'em together stirring it & so put it into Glasses & order them as ye cleer Cakes.

Again next day & let em stand one day more in ye stove, then take ym out & when cold paper 'em up.

To dry Green Plums weigh & green 'em in ye same maner, & boyle 'em in a syrup wt their weight of sugar but when boyled as ye others dont take 'em out of ye syrup but imediatly put over them a peice of paper as you did in ye greening to keep em under ye syrup, then put ym into ye stove when they m

ye syr

Candy

ym

let 'em

suga

Gree

be m

To m

they

To a pound & quarter of fruit take a pint of spring water, put ye water in a silber bason or preserving pan, put it upon a quick fire & when it boyles throw in ye fruit, boyle it as fast as you can till ye fruit is clear & tender then put it thorow a hair sive, after let ye jelly run thorow a jelly bag & use it as any other jelly, his better than made in a pot.

A Capon A la Bobe

Trufs it as you would Chickens to boyle, then put it into as much water as will cover it, put to it a pint of White wine Vinager, Onion, a bunch of sweet herbes, cloves, mace, peper & salt, Let all these stew together till ye Capon be ready, prepare likewise some scerits & chestnutts with Oysters stewed in their own liquor together wth 2 yolks of Eggs, beat them thick with butter & some of ye liquor the Capon was boyled in, then pour it all over ye Capon & serve it up

Royal Bisket

Take away ye treads of 5 new laid eggs, half a pound of sugar searced fine beat ye eggs & sugar well together for two hours then put in 5 ounces of fine flower dried first over a Chafeing dish of Coales beat ye flower into ye sugar & eggs so presently put them upon ye Moulds & Plates being well buttered before, searce some sugar upon ym so bake ym, after they are backed & ~~for~~ cold, set ym into ye Oven to dry.

To Broyle Eggs

Take an Oven peele heat it red hott, break ye eggs upon it & brown ym with a red hott fire shovel on ye tops or els set ym in a hott oven, put ym in a dish with some Gravy nutmeg & Vinager, or juice of Orange instead Vinager, a little peper so serve ym up.

Again next day & let em stand one day more in ye Stove, then take ym out & when cold paper 'em up.

To dry Green Plums weigh & green 'em in ye same manner, & boyle 'em in a Syrrup wth their weight of Sugar but when boyled as ye others dont take 'em out of ye Syrrup but imediatly put over them a peice of paper as you did in ye greening to keep em under ye Syrrup, then put ym into ye Stove where they may stay 2 or three dayes, then just warme 'em & drain 'em clean from ye Syrrup, then take their weight in fine Sugar wet it & boyle it to a high Candy, place ye plums in a basan one by one & pour ye Candy boyling hot upon ym put ym into a Stove, no paper over 'em, next day turn ym in ye Candy let 'em lye one day more then put 'em out upon glasses to dry with what Sugar sticks upon 'em, turn 'em every day till quite dry.

Green Aprecocks are done ye same way those you would have in jelly It may be made with Green Codlings & when almost boyled put in juice of Lemon to make it tast sharp. Peaches or Nectrones wn at their full bigness but they turn to be ripe pared & cutt in quarters or whole, green'd & preserved as ye Plums is very pretty sweetmeat, only ye jelly must be made wth green Codlings & some green peaches together.

To make Jelly of Currans & Goosberries or any other fruit for Clear Cakes or Whole fruit

To a pound & quarter of Fruit take a pint of Spring water, put ye water in a silver basan or preserving pan, put it upon a quick fire & when it boyles throw in ye fruit, boyle it as fast as you can till ye fruit is clear & tender then put it thorow a hair sive, after let ye jelly run thorow a Jelly bag & use it as any other jelly, tis better than made in a pott.

A Capon a la Robe

Truss it as you would Chickens to boyle, then put it into as much water as will cover it, put to it a pint of White wine Vinager, Onion, a bunch of sweet herbes, cloves, mace, peper & salt, Let all these stew together till ye Capon be ready, prepare likewise some scerits & chestnutts with Oysters stewed in their own liquor together wth 2 yolks

was

ared)

nces

ato

eg

cy

ym

wch a red hot pr shovel dry cups or bs, set ym on a hot dish, put ym in a dish with some Gravy nuttmeg & Vinager, or juice of Orange instead of Vinager, a little peper to serve ym up.

all together till ye Salmon is enough, then have ready a quart of Oysters stewed in their own liquor wth mace & sweet herbs put in some Shrimps, you may fry some of ye Oysters, then put ye Salmon in ye dish ye Shrimps & Oysters upon it, thicken up ye sauce with some of ye Salmon liquor a peice of butter ye Yolk of an egg made it very hot, & garnish with all sorts of Pickles.

To Dry black Pear plums to eat sharp

Stone & weigh ym & to half a pound of sugar take a pound of Plums, boyle ye sugar to Candy height then put in ye Plums set ym on a gentle fire, let ye syrup boyle over ym leisurely, then cover ym & set ym by 48 hours, in a warme stove then drain ym & put to ye syrup a quarter of a pound more of sugar, boyle it till it drawes ropy, then put in ye plums & let ym boyle a little till they be thorow hott then cover ym & set ym by for 48 hours more, then lay ym to drain, when they are dry wett a cloth in fair water & rub ym with it & lay ym on dry sives & stove ym till dry.

+ Aprecock Marmalet

Take not full ripe Aprecocks, pair & slice ym thinn, then take 3 quarters of their weight in fine sugar wett it & boyle it to a dry Candy, then put in ye Aprecocks & let it stand on a quick fire 3 quarters of an hour but let it not boyle then glass it up.

The sugar pounded & sifted, pare & cutt ye Aprecocks into it & put it over a gentle fire to boyle slowly till clear & all ye peices tender is ye better way to make it.

To Preserve Plums Green

Gather ye Plums when they are at their full bigness before they begin to turn ripe, take those are freest from spots, weigh 'em & throw 'em into cold water, next morning put them into a skillet of cold water, put it over a gentle fire let 'em scald leisurely till they begin to peele, then peele 'em as fast as you can into another skillet of scalding hot water, when they are all peeled put to a pound about 2 ounces of fine sugar pounded, then put over ym a peice of clean paper rather biger than ye skillet to keep 'em all under ye water, keep ye skillet close covered with a plate (so you must while they are scalding a very slow fire under ym, when they are all turned of a fine bright Green they are enough have ready a sirrup made wth ye finest sugar ye weight of ye fruit, don't boyle it too high, tis enough when all ye scum is off as you take ye plums out of ye water wth a callender spoon put 'em into ye syrrup, then boyle them over a quick fire, takeing off ye scum clean, when they are tender & tast well of ye sugar they are enough, then drain 'em well from ye syrrup & put them into glasses, when they are cold put ye jelly to 'em which is thus made

Take to every pound of preserved Plums a pound & half of ye finest sugar, put no more water to it than will dissolve it, boyle it to candy height, have ready to every pound of sugar a full pound of green Plums raw & cut in peices from ye stones put ym into ye sirrup over ye fire & boyle it as fast as possible till ye plums are soft then run it through a jelly bag into a silver or earthen ~~bason~~. Bason when it is almost cold fill ye glasses to ye top put 'em into a stove till next morning if they jelly is hard fill 'em up

again

Egg Butter

Boyle ffen eggs very hard then take out ye Yolks, & break ym small in a bason with a spoon, season it with Orange flower water & sugar rub it through a sive, it will be just like Almon butter.

Hony Comb Creame

Take 5 or 6 spoonful of juice of Lemon sweeten it very well wth fine sugar then boyle a pint of thick Creame, sweeten that, put ye Lemon juice into ye bason, pour ye Creame hot upon it with a high hand through a funnel & a good spreame, when it is cold serve it, if it be right done it will look like a Hony Comb o top.

Barbery Sylibub

Strip Barberies, put ym into a pot in a skillet of boyling water let ym boyle till they are soft, take ye clear juice from ym & let it be cold, then take thick creame, put it into a broad bason, instead of sack put in enough of ye juice to colour it & as much sugar as you please, whip it as you do other sylibubs, it will not frosh like sack but will grow thick & puffy put it in glasses.

To Make a Dozen of New College Puddings

Grate a penny loafe put to it half a pound of Beef suet shred small half a pound of Currans a little Nuttmege and salt as much Cream and Eggs as will make allmost as thick as paste then make them up in ye fashion of a Egg take a quarter of a pound of Butter put it in ye bottom of ye dish ye bake them in then lay ye Puddings in one by one set them on a Clear Charcoal fire when they are brown of one side turn ye other so brown both sides for sauce Butter Sack and suger

You may add sweet Meats and Orange Flower Water if ye please

To Rogoo a Turky

When ye Turky is larded wth fatt Bacon seasoned wth peper & salt, then take a peice of fatt Bacon cutt like dice fry ym brown then take ym out & put in ye Turky fry it browne then put it into a stew pan with strong broth, put to it some Onion a bunch of sweet herbes a peice of Lemon peele a little peper a pint of Clarret & 2 Anchovis, so stew ye Turky till it is very tender then have ready 2 or 3 Pallets sliced & 3 sweetbreads, then take some butter & browne it in a saucepann & shake in as much flower as will thicken it then put in yr Pallets & sweetbreads wth some sweet herbes & Lemon peel 2 Anchovies & a little whole peper a few balls of forced meat fryed browne, then put to it a little strong broth Gravy & Clarret stew these together with a little of ye broth ye Turky was boyled in let it stew till it is thick, then toss up a little butter with it so dish up your Turky pour all these over it.

Stew a Sole of Salmon

Scale it in Vinager then take a quart of Clarret ye juice & rind of a Lemon a bunch of sweet herbes some mace & horse Radish a peice of butter, stew it

all

To Preserve Aprecocks

Take your Aprecocks, first stone & weigh ym, then pare them, as one pares let another lye them up in Mustin just big enough for ym, To a pound of Aprecocks put a pound of double refin'd sugar wet it well in water & boyle & skym it, then put in your Aprecocks being all ready pyed up, boyle them up as fast as you can, When ye Aprecocks shrink in ye Mustin & is clear & tender cut ye thred & take them out with a spun & put them in glasses. Then boyle up your syrup till it will be a thick Jelly then strain it when hot into a silver or earthen cup big enough to hold it & keep your Jelly to ye next day before you put it upon ye Aprecocks that it may lye an inch or 2 above them wch will keep ym from mouldring all ye yeer

To have them very fine, instead of ye syrup they were boyled in, Make Jelly of green codlings wt some Aprecocks to give it a tast, only wet ye codlings neither core nor pare ym but cut each in 4 or 8 peices & put em into clear cold water (wt slices of Aprecock) boyle it as fast as possible when ye codlings grow tender power it into a hair sive or Jelly bag, to a pint of this put take a pound of fine sugar put in to dissolve then boyle it very fast till it jellies & is a little cool put it to ye Aprecocks

To preserve Red Goosberries

Take half a pound of Red Goosberries as much fine sugar better than a quarter of a pint of Jelly made as follows
Cut ye Goosberries in halfes & take out ye seeds & to half a pint of Goosberries put a pint of spring water let it boyle befor you put in ye slit Goosberries then boyle it as fast as you can, when ye Goosbery water is sliprey between ye fingers it will jelly so run it through a flanner bag, then boyle ye sugar almost to Candy height then put in better than a quarter of a pint of ye Jelly boyle it up & skim it then put in ye Goosberries stoned & scalded, boyle them fast a little dos them.

To keep Juice of Lemons

Squeeze ye Lemons takeing out all ye seeds & bits, then put it into a galley pot & put ye into a skillet of water over ye fire, as ye water boyles it will make a scumm on ye juice wch take off, do it till ye juice is ready to boyle, then take it off let it stand till cold scumming it clean, then pour it gently into bottles fit to hold it, put a little oyle at ye top, take care not to put ye settling at bottom when you pour it, Cork & sett it in a cool place, when you use it take off ye Oyle wth Cotton, & unless you use all ye juice in 2 or 3 dayes you must put what is left in a a little bottle ye fitts it & fill it with oyle as befor, or put it into little bottles at first.

To Pickle green Peaches

Take greene Peaches at their full growth before they begin to ripen, put them into water & Salt that will bear an Egg, & let them lye in it 3 dayes, when you take them out wipe them carefully with a soft cloth, make your Pickle of ye best white wine Vinager & Salt, & put in some cloves of Garlick & a little quick-=Mustard, ye lesser potts you put them in ye better because ye aire changes their colour, put them into ye Pickle cold & tye them up close, put about 4 cloves of Garlick to five Peaches, you may use them in a months time.

Japane Lozenges

Take Japane earth two ounces, fine sugar one pound, put to ye sugar as much Orange flower water as will dissolve it, the sugar being boyld to a candy height & taken off ye fire put in ye Japane Earth in fine powder, if you would perfume 'em dissolve three grains of Amber greese & two of musk in Orange flower water wth a hot pestell & morter, being almost boyld enough put in ye perfume & drop it on plates in smal cakes throwing some sugar on ye plates to prevent sticking.

They are made either as follows wch way is ye best. The sugar & ye Earth being finely powdered, with a Mucilage of Gum Dragon beat into a paste In a Morter rouling it & cutting them into what shape you please, you may rub ye musk & amber greese wth a little sugar into fine powder wth a hot pestell & mix wth it.

× Red Quince

Scald ye Quince tender & core & pare ym you will do whole & quarter ye others, weigh ym & ye whole ones together take a pound & quarter of fine sugar to a pound of Quince, made a thin syrup, set ym on ye fire & cover ym close, let ye fire be very slow yt ye may only stew not boyle, they must stand on ye fire till they are turned red, wch will be about 4 hours, you must be governed by ye goodness of ye couler & take care that ye syrup do not grow thick too fast, when they are of a good colour let ye syrup boyle thick with ym in it, then put ym in potts or glasses & put ye Jelly to ym through a strainer, when you preserve ym put in some Cores wch will make ye Colour & jelly better.

+ To Dry Red or white Currans

Stone & tye ym in huncher, take their weight in fine sugar, made a syrup then put in yr Currans boyle 'em till they look cleer then cover them with paper & let 'em stand in ye stove 24 hours then drain em well from ye syrup, then boyle a fresh syrup (the weight of ye Currans) of fine sugar to Candy height & pour upon 'em in a bason, turn yr in this sugar twice a day for 2 or three days then lay ym upon sieves to dry, or Glasses, dust a little sugar on ym wn you turn ym till they are dry.

Preserve & dry Grapes

Take ye best white Grape before they be too ripe, stone ym into cold water, take their weight in fine sugar, set ym on ye fire in ye water till they are scalding hott, then put ym into cold water, make a syrup of ye sugar when its cold put in ye Grapes, cover ym with a paper & put 'em by for 24 hours, then set ym on a gentle fire to be scalding hott then set ym by as before, then drain

Strain ye Grapes from ye Syrup & boyle it till tis almost ready to draw
ropy, then put in ye Grapes till they are ready to boyle & set ym by
for they are preserved enough, covered, some of ym you may put into
Jelly & those you dry take half sugar & half Syrup they were preserved
in, boyle it till it draws ropy pour it upon ym till they are covered, set ym
in ye fire till they are thorow hot cover ym wth paper & set ym in a warme
stove for 24 hours & when ya are cold lay ym out & dust sugar upon them
stove ym till they are dry.

Cakes

Take a pound of fine sugar searced, 2 ounces of blanch'd Almons beat ym & sprinkle ym wth Orange flower water to keep ym from Oyling (steep in ye water 3 grains of Mask & 3 graines of Amber greise) Grind all in a mortar till it be like Creame then strain it into a dish & steep Gum dragon in it till it be dissolved then strain it & beat your sugar & Gum with ye white of an egg & 2 drops of oyle of Lemon, when you have beat it to a paist make it into Cakes & bake ym in an Oven not too hot, ye Cakes will rise & be white as snow & like a sponge.

Preserve Lemons

Peele all ye rind but only ye skinn skinn next ye meat before you break not that for ye wood plump, Dye each in a peice of Jiffany & Codle ym like Codling for an hour, take ym out & to a pound take two pound of sugar, put to ye sugar half a pint of water, give it one boyle then put in ye Lemons & let ym boyle very fast till they look clear then put in ye juice of two Lemons & let ym boyle a little more then take ym off & let ym stand till next day then take off ye Jiffanies & put ym up with ye Syrup, before you use ym put ym into Jelly.

Orange Creame ×

Take half a pint of strong Pipin water make it very sharp wth juice of Orange beat ye whites of 2 eggs very well then beat altogether for an hour made it ovr night & lay it light up in a dish & sweeten it to ye taste.

+ Amber Plums

Stone & pare a pound of Plums cover them wth 3 qrts of a pnd of sugar let ym stand till next day boyle ym up & set ym by next day boyle ym for good & all, if they do not jelly ~~add~~ add a little juice of Codlings, Apricocks Pear plums may be done ye same way.

+ Peaches or Nectarons

Take those yt are white at ye stone cut ym in ye middle & take out ye stone pare & weigh ym to a pound take 3 qrts of a pnd of fine sugar put to it a pint & half of water boyle it a little let it be cool then put in yt Peaches set ym on a gentle fire let ym boyle till yt are tender yn skim & cover ym wth paper & set ym by till next day yn let ym just boyle yn cover & set ym by till next day, let them drain & boyle ye Syrup till it drains roapy yn put it to ym & let it boyle a little yn set ym by till next day, if there wants sugar add a little before you boyle ye Syrup, If you will have ym in Glasses add some pipin water to ye Syrup, or rather make a fresh jelly as for Apricocks with pipin water stone peaches boylt in it & fresh sugar

Lemon Creame

Take a pint of Creame beat ye whites of eight eggs, stirr it over ye fire till it be curdled, then put it into a sive to draine, when tis cold rub ye Curd through a hair sive & grate as much Lemon Peele as you like & to make it yellow sweeten it to your tast before tis rubed through, Lay it high in ye dish

You may make Orange Creame ye same way only put in ye Yolks & grate in Orange Peel.

Rice Creame

3 spoonfull of Rice flewer, 2 Yolks of eggs 3 spoonfull of Orange flower water, mix ym well together & put ym into a pint of cold Creame sweeten it to your tast, set it over ye fire & stirr it till it come to a reasonable thickness then put it in ye dish, when tis cold serve it up.

To dry Plums

To 4 pound take a pound of sugar, as much water as will wett it then half preserve them & take them out of ye syrup & wipe ym wth a wet cloth & put ym into an Oven or stove to dry.

Orange Creame

Take ye juice of 6 large juicey Oranges strain ye juice thro a bolter bag & sweeten it wth fine sugar to ye tast beat ye Yolks of 4 Eggs very well then strain ym & put them to ye juice of Orange stir ym well together & put ym into a clean tinn or silver sauce pan, set it on a clear gentle fire stirr it all one way & do it leisurely till it is as thick as you would have it ye pour it into what you would serve it in.

Almond Cleer Cakes

Take half a pound of Almons beat ym very fine wth Orange flower water make it pretty thinn, then take ye weight in double refined sugar & boyle it to sugar again, then put your Almons in, stir it upon ye Coales a pretty while to melt ye sugar but not to boyle, then have some Flicks paper made into Coffins put ye stuff in ym, let ym stand till they are candied at ye top, the night before you take them off turn ye top down & wet ye papers & take them off, put ym in ye stove again.

To dry Aprecocks in halfes

Take Aprecocks not full ripe scald & paire ym, put ym into a syrup wth half ye weight of sugar, scald ym a while then boyle ym till they look clear, so let them stand 2 dayes in ye syrup, then put them into a thinn Candy let ym scald but not boyle 2 dayes more.

Clear Cakes of Grapes

Take ye best Grapes when full ripe, peele & stone them, then take pipin jelly & boyle ye Grapes in it, to a pint of this put a pound of fine sugar beat & searced, let it scald but not boyle so put it in glasses to dry

these are fine Cakes if they keep their colour well.

To Chocolat Almons

Take a pound of double refin'd sugar & a pound of Chocolat, ye sugar must be searched, then make it up into a past with Gum dragon, so made into Almons in ye moulds, dry ym in a stove, steep ye Gum in Orange flower water; put in Musk & Amber greece if ye like it.

Scorched Almons

Put to half a pound of Almons 3 ounces of sugar & two spoonful of Orange flower water set ym on a pretty quick fire stirring ym continualy wth a spoon till ye sugar be melted about ym & boyle & drop again & they be crisp.

To preserve Orange Flowers

Pick out all ye withered ones, to every pound take a pound & almost 3 qrts of fine sugar put ye sugar into a silver bason & a full quart of water to it, set it on ye fire till it boyle wn it has boyled a little take it off & set it to cool, before you weigh ye flowers they must be washed clean in 2 or 3 waters, then put ym into a skillet with as much water as will boyle ym tender & no more, wch will be in a quarter of an hour, then take ym up & lay ym between 2 clothes to drain, wn ye syrup & flowers are both cold put ym together & boyle ym fast till they are enough wch will be wn ye ends turn up a little, if they are not enough at ye first time you may boyle them again. When ye Orang flowers are boyled & drain'd squeeze on ym ye juice of a Lemon wch recovers ye Colour, then ~~put~~ put ym into a Syrup & keep ym close in a Glass, use ye upermost. ~~When ye Orang flowers are boyled & drain'd from ye water squeeze upon ym ye juice of a Lemon wch recovers ye Colour then put ye syrup to ym & keep them close in a Glass, use ye upermost.~~

+ Raspberry Cakes Mrs Walker

Take a pint of Rasberys & a pint of Carran jelly, made thus, Put ye Carrans into a skillet shalks & altogether, put two or three spoonfull of water to keep ym from burning, set your skillet on ye fire & boyle ye Carrans till they look pale, then strain them through a sieve, then put your Rasberies & Carran jelly into a skillet together & boyle ym, mashing ym to take off ye rawness of ye Raspes, then pour them into an earthen dish & take their weight in fine loaf sugar, boyle it to a high Candy almost to sugar, then put in ye Raspes off ye fire & stir ym till they are a little cool then put it into deep Cake glasses & stove ym

Instead of boyling ye sugar beat & searce it & dry it hott in a dish over Coals & have ye Raspes scalding hott at ye same time & so mingle together & glass 'em.

To preserve Cherries

Take ye largest Carnation Cherries not over ripe, stone & weigh ym, to a pound of Cherries put a pound of fine sugar, then have ready a pint of juice of Cherries & Currants together, one part Cherries & two Currans wch may be boyled together ~~till ye~~ in a silver bason till ye juice is of a good color, put no water, then run it thro a bag, put all ye sugar & juice together, boyle it & skim it clean then let it cool a little before you put in ye Cherries, then boyle them very fast till they are tender, shake them often in ye boyling & skim them very clean

Sham Orange Flowers

Take what quantity of Jordan Almons you please, blanch ym in cold water, then cutt ym in thinn long slices, put ym into Orange flower water as you cutt ym, let ym lie 2 or 3 hours in it, then boyle ye weight of ye Almons of double refind sugar wett wth Orange flower water to Candy height then put in ye Almonds stir ym about a little in ye sugar then lay ym upon a Pie plate & dry ym either in ye sun, by ye fire or in a stove, when one side is dry turn ye other, they will quickly dry.

To preserve White Pear Plums

Take ye fairest, pare ym very thinn, let ym not be over ripe, put ym into more than their weight of fine sugar, to a pound of ym take about half a pint of pipin water, set ym on a quick fire, scum ym very well, when they are pretty clear take ym up into Glasses, Boyle ye jelly a little more very quick, then strain it out into an earthen bason, put some to ye Plums & keep ye rest to put over ym.

Another way

Take ye ripest & best coloured a pound, take their weight in fine sugar, put ye plums into a skillet of hott water & when they begin to Crack take ym out & Peel off ye skinns, then put to ye sugar as much water as will wett it, when tis melted on ye fire put in your Plums, you must not Peel em as you put ym into ye syrup lest you discolour ym, boyle ym very fast till ye syrup Jelly then put ym in Glasses, Thus you may do white Bullace.

To dry Pear Plums or any other White fruite

Stone & Pare ym, take their weight in sugar wet & boyle it to Candy height or a thick syrup, put ye Plums in & boyle ym till they are clear, then boyle as much sugar as you did before to a Candy height & lay ye Plums in a pann & pour ye hott Candy upon them, let them stand all night, next morning lay ym on sieves & with a peice of Jettang dust on some sugar Candy, as they dry turn ym on clear sieves twice a day, when they are dry keep em by ye fire.

Nuns Biskets

Take a pound of loaf sugar beaten & sifted & half a pnd of Almons blanch'd in cold water beat ye Almons in a stone Mortar very well with ye whites of 5 or 6 new laid eggs, put ye sugar into a deep broad bason wth ye yolks of 5 eggs beat ym well together, then stir in ye Almons (wch must first be beat very fine) by degrees grate in ye Peele of a raw Lemon or 2 & if you please you may put in some preserved Citron Peele sliced very thin, let ym be stirrd altogether a good while, then shake in a quarter of a pound of very fine flower dried & sifted after it is dryed, fill ym in long bisket pans half full wch must be buttered well ye they may slip out, when you set ym into ye Oven sift a little fine sugar thro' a sifting on each of ym & bake ym quick setting up ye Oven stone, as soone as they begin to colour on ye tops turn ym out upon papers or sheets of Tin & set ym in ye Oven again to harden on ye sides, they bake best in paper or Card Coffers upon sheets of Tin.

Stewed eggs

Boyle 12 Eggs hard, take off ye shells not breaking ye whites, cut ym in round slices lay ym in a dish one by one, set ym on a clear fire, put half a pint of Creame to ym, stew ym till you can decern no Creame then put in a little butter peper or Nutmeg serve them up with sipits.

Fryed Chickens

Scald & split ym & put ym in Vinager & water as much as will cover ym a little peper salt an Onion a slice or 2 of Lemon a sprig or 2 of Thyme, let ym lye two hours in ye Pickle, then dry ym in a cloth & flower ym, fry ym in clarified butter with toasts of bread add a little of ye Pickle.

To preserve Rasberries Whole

Take a pound of ye largest Rasberries, but before they dent bleed & a pint of ye juice of Red Currans & two pound of double refined sugar, boyle ye sugar & juice a little, skim it clean then put in your Rasberries, let them boyle very quick to ye top of ye pan when they are clear, wch will quickly be, they are enough, if they boyle too much they will be hard, & if not enough they will work, (The Jelly of Currans must be run through a jelly bag & made as fine as is possible) then put them in glasses & ye jelly over them. If ye Rasberries boyle 3 or 4 times (at most) up to ye top of ye bason tis enough

To preserve Aprecocks

Stone & pare them & to every pound of fruit put 3 quarters of a pound of sugar beaten & searced, fill them with sugar & strew ye rest on ye top, cover them close, when ye sugar is melted boyle them very fast till they are clear & tender, let them lye in a bason till the next day, then take a pint of clear Codling jelly wch must be run thro a bag very fine & put in a pound of fine sugar, boyle it a little & skim it, then put in ye Aprecocks, being well drained from ye syrrup, let ym boyle together a little as fast as can be, then put ye Aprecocks in glasses & pour ye jelly over them. ye jelly will sink so I put more over ym ye next morning, ye Aprecocks must not be over ripe.

The syrrup yt is taken from ye Aprecocks makes a pretty wine putting as much water to it as you think will make it thinn enough, give it a good boyle together, when tis cold strain it & put it into bottles.

To Preserve Currans

Stone your Currans, to every pound of Currans take 3 pints of juice of Currans & to every pint of juice something better than 3 quarters of a pound of fine sugar, put your sugar & juice to boyle let it boyle apace till it jelly's stiff scuming it all ye while, then take it off ye fire & put in your Currans keeping them under liquor till they are cold, if they warme a little on ye fire they will keep ye better, so put them up.

Lemon Bisket

To half a pint of juice of Lemon's take 3 quarters of a pound of fine sugar finely searced, put ye juice over ye fire till its hott, then put ye sugar to it in a bason beating in it ye whites of two eggs, it requires a great deal of beating, when its grown stiff drop it out upon papers & dry 'em in a warm stove. They must be constantly kept in a stove.

To Keep Mushrooms all ye year for stewing or Ragouts

Take ye small buttons uppeiled dry them as you would Apples, when you use 'em throw them into warme water & peile them, & then put 'em in.

To Pickle Cowcumbers Mrs Boreman

Take pump water put in as much comon salt with two handful of bay salt, as will make it strong enough to bear an egg, boyle it & pour it boyling hott upon your Cowcumbers, stop them very close, let them stand three dayes, then take ye best white-wine Sinager boyle it up with your spice (& a little Dill if you please) pour it boyling hott upon your Cowcumbers, after you have dryed ym in a large cloth, let them stand 3 or 4 dayes then boyle your Sinager again & do as before. If you would have them very green when yr Sinager boyles ye second time, just throw them in & let them just simer up, keep ym in stone potts. They will keep good an East India Voyage.

A Fricacy of Lettice

The hardest heads are ye best, Cut ym in quarters & put ym into boyling water then draine ym well & fry a handful of parsely & put to ye Lettice with some strong broth, let it stew a little put in some Cream some Nutmeg & peper to serve it:

A Fricacy of Eggs

Boyle 12 eggs hard, yn take ye shells off & cut ye eggs into 4 quarters, yn take a little thyme, Parsely Onion & chop ym altogether very small & fry ym in a slice of new butter, about 2 ounces will be enough, yn put ye eggs in & keep ye pann continualy shakeing till ye are ready to dish up, put to ye eggs as soone as you have shak'd ym in ye herbs ye Yolk of one egg beat well with six or 7 spoonful of fair water & one or 2 of Sinager a little nutmeg peper & salt beat altogether & pour upon ye eggs in ye frying pann, to thicken ye eggs up with it & put to ym a peice of butter, mix ym altogether in ye pann & so send ym up hot, an ounce or two of butter is enough to add to ym.

Mince Pies

Take a Neates Tongue & parboyle it then chop it very smal & to two pound of tongue put three pound of beef shet smal chop'd, four pound & a half of Currans washt & picht, a little Mace, nutmeg & Cinamon, ye pill of 2 Lemons minc'd very smal, & ye juice of 3 squeez'd in, 8 pipins pair'd & chop'd smal 5 or 6 spoonful of Sinager & a pint of Canary, sweeten it wth sugar to your tast, wch must be by warming some over ye fire in a poringer, so also for ye quantity of spice. Some like Candid Orange pill & Citron cut smal & mixt wth ye rest.

Plum Porage

Make strong broth wt a leg of beef as for other soup, strain it & when it cold take off all ye fatt, then put it into your stew pan wt half a loaf of manchet, 2 or 3 blades of large Mace, a pound of Currans, a pound of Raisins & a pound of prunes, When ye fruit is plump & tender put in about half a pint of Canary & a full pint of Clarret & sugar to your tast. If you like more tast of Prunes boyle some tender & strain 'em through a hair sieve into ye broth.

Oyster Loaves

Take a quart of Oysters put ym in a saucepan & let ym boyle up, then pick ye fins, ym take a peice of butter put in yr saucepan brown it wt flower, put in it half a pint of strong Gravy, a peice of Onion some juice of Lemon a litt of ye pill a little nutmeg a blade of Mace let it boyle up, then put in your Oysters & some of their liquor & a spoonful of whitewine: thicken it wth grated bread. Take all ye Crum out of your loaves, butter ye outside, then fill ym with yr Oysters put ye litt on with butter, send ym to ye Oven, baste ym with butter to keep 'em moist. your Gravy must be made of beef brown'd in a pan, sweet herbs whole peper & anchovy boyled in it.

Clear Orange Cakes

Take 6 or 7 Oranges grate off ye rind of 2 or 3 if you love it to taste much, cut all ye Oranges raw & take out ye meat & ye juice clean from ye skins, then put it in a gally pot in a skillet of water to boyle, ye water must be cold when you put in ye pott, Let ye water boyle for half an hour fill up your skillet wth boyling water as it boyles away, then take out your oranges & break well all ye lumps either in a morter or wth a spoon in a dish, then put to it ye grated rind & half a pint of Pipin Jelly, then take a pound & two ounces of double refined sugar, boyle it to candy height, then its a little cold put in ye Orange & mix it well together, warme it once or twice till all ye sugar be wholly melted, then put it in cake glasses.

Lemon cakes are very fine made ye same way.

Take some John apples wth ye pipins for ye Jelly.

Orange Cakes

Boyle ye Orange rinds very tender; then shred them small wth a knife & lay ym all night to soak in juice of Lemon, next morning take ye weight a quarter in fine sugar; boyle ye sugar to a very high candy, take it off ye fire & then put to it ye Orange pill, let it warme on ye fire, then put it into little glasses, when they are cold put them in ye Stove & order them as you do other cakes.

Fine Meat for a Desert

Take ye Brannes & wings of a boyled Capon ye brannes & wings of a boyled Turky, ye brannes & wings of a boyled Pheasant ye brannes & wings of a boyled Wood Cock, ye white fleshy part of a boyled Rabit Cutt all these very small, yn beat ym altogether in a Mortar till they are so fine yt they will rub thrô a hair strainer or sive, take half a pound of Jordan Almons blanch & beat ym with fair water till ya are very smal mix ym with ye meat after ye meat is beat put as much searced sugar to it as will season it to ye taste, a little Amber greise & 2 or 3 spoonfuls of Orang flower water as much sack, mix all these together before yu do ye meat through ye sive. It is eight hours work at ye least. Whenever you attempt to make it begin you have time enough for it is impossible to be done under 8 or 10 hours, ye strings & skinns of ye meat must be picked off before yu beat it.

Goosberry like Codlings

Scald Goosberries drain ye water from ym, put ym thrô a sive, then dry ye pulp upon ye Coales when his cold sweeten it with fine sugar & some juice of spinage to make it green beat it well together, then have egg shells ready dusted within wth fine sugar, put ye stuff in ym over night, in ye morning turn them out into ye dish you serve them in & put some Creame to ym.

To dress Morilles

Soak ye Morilles in warme water 2 or 3 hours or longer, pour ye liquor off where ya were soaked, then wash ym very clear in a nother water & thus make use of ym in Fish or Flesh with some of ye first water, but to dress ym by ymselves, take some sweet herbs, Parsly Onion some spice wth an Anchovy or 2 proportionably to what you dress, stew all these together with some of their own liquor & take ye Yolk of an egg beaten with some juice of Lemon. When you use ym for Fish or Flesh put ym in but a little while before you serve it in, a little Fenny Royal does well wth it.

Truffles are done after ye same maner only they require much longer soaking.

Citron Creame

Boyle a quart of Creame wth some thin chips of Citron pill not preserved
e while 'tis boyling take ye juice of ye Citron or Lemon 3 spoonfull, e
make it very sweet with sugar e when ye creame is almost cold pour it
gently upon ye juice then take well preserv'd Citron cut it in thin slices
of ye bigness of 6d e lay them in your glasses, then put some of your creame
on (wch if it be right done will be very thick) & then more Citron e so more
creame till they are full
if you put it in a dish garnish it wth Citron e pomegranat kernells.

Pistachio Creame

Blanch half a pound of Pistachios & a quarter of a pound of Almons
that ym extraordinary small wth a little Orange flower water, take 3 pints
of thick Creame boiled e cold again e beat ye Pistachios with some of ye
creame e strain it through a sive then beat them again with more of
ye creame & strain them, e so do till all ye creame be done, then season
it with sugar. some boyle it a little after ye Almons be in, ye like is best
untinted e of a pale green colour.

Candie all sorts of Flowers

Wash ym in a very weak Gum Arabick water, stick ym in a sive & dust ym
all over with sugar Candy & they will glister like sugar Candy.

Pickled Pallets or Jerkies

Take chop that are young pick & bone ym while so, to 6 take half an ounce of Cloves & Mace, 2 Natmegs an ounce of peper 3 times as much salt, then turn ym inside outward & season ym very well, then turn ye other side & sow up ye Necks & all ye holes yt ye Pickle may not get into ym, Make ye Pickle first 3 quarts of water one quart of White wine one qt of Vinager, some whole Mace peper salt Cloves, make this hot then put in your Jowles & let them boyle till they be tender, then take ym up & Cover them with an earthen pann till they be cold, when ye Pickle is cold too skim it & put in ye Jowle & keep ym close covered they will keep a quarter of a yeer but you must sometimes boyle ye Pickle & skim it, they are not fit to be eat till they have lain a fortnight in Pickle, ye same liquor will make good sauce for fish or any thing savory. Let ye Jowls lye in ye seasoning 2 dayes before you boyle ym they will eat tenderer.

To Dress Hogs Feet

When ye Hog is scalded throw ye feet into scalding water & clean ym very well & singe off ye hair being very clean split ym & put ym into a pot with salt peper & a good of beef suet till ye pot be ye river water let ym boyle till ye be very tender, then take ye pot & keep it covered yt they may keep hot, in ye mean time take ye Crums of twopenny loaf grated, then melt some fresh butter, take out a foot dip it well in ye butter role it well in ye Crums, when they are all well done in this maner you may keep them six weeks, when you would use ym lay ym on a Gridiron & broyle ym but not too much, then fry some Onions very browne in butter put to ym some peper salt Vinager & Mustard dish ym up & pour ye sauce upon ym with a good many Capers.

Hartshorn Jelly

4 ounces of Hartshorn put to it 3 pints of spring water let it boyle all away (but not so violently as to boyle over) then add a quart of water more, let it boyle no longer than till it jellies, then let it run thro' your Jelly bag (if it stands till is cold ere you season it is better) then season it as you like either (Cinamon water Musk or Orange flower water) take a quarter of a pound of fine sugar broken, put to it two good Lemons, take ye whites of five eggs beat 'em up to a good froth mix it with your lemon & sugar, Put your Jelly upon ye fire & let it boyle when it boyles leisurely then put in your Lemon & eggs stirring 'em together on ye fire let it no more than simer then run it thro' your Jelly bag, if you find it not very clear put it thro' ye Jelly bag again. 'tis best put two Jelly bags one within another.

If you like it wth Calves feet add to ye same quantity of Harthorn 3 or 4 Calves feet, boyle em to a thick Jelly strain it out & let em stand till next day, take off ye scum at top & settlement at bottom put it on ye fire put to it a pint of whitewine season it as before & clear it with eggs at least 10 eggs, you must put a Gallon of water to it.

To do Larks or Pigeons in Jelly

Take a knuckle of Veale put to it a Gallon of water, it must not be covered but done over a clear fire & skimed clean when it is boyled strain it & clarify it then season ye birds with peper & salt, put ym into a pott with butter & bake ym then take ym out of ye butter hott & take ye Jelly & season it with peper & salt to ye tast, then put ye Jelly & birds together & give ym a scald over ye fire then put ym in little potts & put ye Jelly to ym but do not fill ye potts by two fingers, when they are cold fill ym up wth butter, you must turn ym out when you serve ym to ye table.

To stew Lobsters

Take 2 Lobsters, take ye meat off ye tayles & claws cut it into peices ye bigness of half a crowne & half an inch thick, put into a stew pann some water & white wine & shalot, when it hath boyled put in ye meat, some sweet herbs chopt smal & a little peper, give ye meat a warme & toss it up with a peice of butter, you must dress ye bodies cold with a little peper & elder vinager & put 'em to meet one another in ye middle of ye dish, garnish ye dish wth ye little claws in what form you please & broyle ye chines & lay ye in ye dish with ye bodies, add a little juice of Lemon to ye stew'd meat

to pot Beefe

take 4 pound of ye rump Beef and season it with 6 peniworth of salt peeter made fine. put it in a Earthen pot put to it half a pint of plump water let it stand 3 or 4 days. then put in 3 pound of fresh butter make it ye close with past Bake it with houshold Bread. then put it into a collender to drein till tis could. yn pound it in a marble morter till you may spread it like Butter taking out all ye strings in ye Beating. take 24 anchouis clen washed put ym into a sausyan with a quarter of a pint of whitwine or syder boyl it till all is melted. strain it through a sine into ye meat mix it allogether then melt half a pd of ye Butter that was baked with it & power it on ye meat and pond it in ye morter again. put it in yr pots and Butter it up with ye rest of ye Butter new clarified —

To make ye strong fish Broth,

Take Carpe Eeles or what fish els you have to boyle for ye stock, broyle some of your fish over a quick fire, so put it in with sweet herbs, Onions, Carrot, Cheruill Mace, Nutmeg, Salt, boyle all well together till it is dissolued then straine it off.

Rice Pancakes

Boyle Rice pretty tender then put it into a pint of Creame add 4 or 5 yolks of ye beaten, 3 or 4 spoonful of Yeast a little Sack Cinamon & Sugar mix altogether, let it by ye fire to rise then fry ym as other Pancakes.

Larkes Ragoo'd

Flat ym & flower ym a little then pass ym in a pann wth butter or Lard then stew ym in strong broth wth a bunch of sweet herbs some minced capers when they are enough & ye sauce thickned with what you like serve ym in wth sliced Lemon

A Gravy Soop

First make a good Jelly broth, take two knuckles of Veal, some Bacon, a Scrag end of Mutton or two, then take some buttock beef, & cutt it into slices then put it into a pan, then put some Onions, Jyme Parsly, fat Bacon, peper & salt, so stir it till it dos become perfect browne & dry, then put yor broth to it & boyle it up all together, then strain it through a sive, then take some soop herbs, as spinage, Charvell, Parsly, Sorrell, Sellary & what els according to yor season of yeer, put some butter to your herbs, & stew them in a pan, but first slice them very small & then stew them then take some broth & put to them & boyle it very well all together, then take some bread & put it to some broth & Gravy an equal quantity of each steep your bread very well in it then mix it all together, & so serve it up.

Asparagus Fingacie

Boyle ym tender & cut ym not too smal & put ym into half a pint of Creame & 10 eggs yolks & 4 whites well beat add a little salt Cloves mace & 2 spoonfuls of grated bread make it very thick, when your pann is hot with suet or butter pour in yor stuff bake it of both sides make sauce of butter sack sugar & vinager.

Directions for Amelets

You must have a ~~pan~~ Pann only for Amelets & must not scowre it but pipe it before & after you have used it, In this pan melt a peice of butter till it has done sparkling & madeing a noise put in ye certain time it begins to browne then put in ye Eggs wch must be well beaten wth a little salt to ye taste let there be a quick fire of ye Amelet may have a good colour wth but being too much done but badeing it from ye fire may be somewhat limber & a tender consistance then slide it upon a plate on a dish or here & browne it according to your fancy those that love Sinnamon pour it in ye beating of ye Eggs, you may put Parsly Onions, Chives, Thyme, Marjoram or any sweet herbs you like, to make it better & more delicate take away half ye yolkes of ye Eggs & put in a spoonful of Creame & let it be fryed a little more dry than ye other & turned again so shall it wth sugar (if you like it) & serve it, you may put in Cheese in little small peices square or in slices, ye Eggs must be put in ye pan & begin to have consistance or thickning before you put in ye Cheese or it will stick to ye Pann.

Bacon Amelet

Cut interlarded Bacon like dice fry it, then put in 8 or 9 Eggs well beat & fry it altogether wth it wth grape Verjuice.

Amelets of several sorts of herbs

Mince 'em small, Lettice, Bugloss, Burrage, Sorrell or Mallows, put to y^m salt & Nutmeg mix all well together & fry it with butter, serve it wth Cinamon & sugar or fryed Parsely, you must put ye Eggs to y^m as to other Amelets.

Endive Amelet

Cut ye wch is white finely put in Nutmeg & salt fry it with butter so put ye Eggs to it.

Amelet of ye Kidney of Veal

after it is roasted shred it with ye fat season it with salt & peper & sweet herbs, make an Amelet being half fryed put ye minced meat upon it fry y^m well together so serve it.

Crawfish soop

Take yo Crawfish & boyle them, then take them out & pick ye shels from ye tailes, & take ye flesh ~~from~~ out of ye Body but leau ye Body whole then take ye shels of yor tailes & ye claves of your fish & beat them in a mortar then take them out & boyle them in some strong fish broth & so strain them thro a sive, then take a Carp, & take ye flesh from ye skin, but leau ye skin whole, then take ye flesh from ye bones & chop it very smal, then put some peper, bread steep't in broth, salt, cloves, tyme, Parsley & Onions, slice them smal & so mix them very well together then take three eggs & mix wth it then put it into ye skin of your Carp & make it as big as when it was alive & sow it up all together then take ye bodies of your Crawfish & fill them with ye same stuff them & fry them wth sweet fatt then take ye Cooly ye was strain'd thro ye sive & so put it over a soft charcole fire, then take ye flesh of your tailes Oysters Mushroomes, Artichoke bottoms Murrells, & make a Ragout of them, then take some thin slices of bread & cover ye botom of yor Dish, steep it very well in good broth, then put ye Cooly in with your broth, Garnish your dish round with ye bodies of your Crawfish & without that wth slices of Lemon, then take your Ragout & strow all over then take your Carp & bake it, Put it in ye middle of your Dish, & so serve it up.

Turn Over

Almond Cakes

Take half a pound of Almonds blanch them take as much double refined sugar finely beaten & sifted put them into a bason together set them over ye fire to melt ye sugar with ye Almonds, when they are well mingled together take ym off ye fire & beat ye whites of three eggs to a froth & put to them stirr all well together & drop ym out upon papers & sift sugar on them when you set them into ye oven wch must not be too hott.

To Rost Eeles

Take a large Eele strip ye skin almost to ye taile then take ~~off~~ out ye guts wash it clean & put into ye belly of it sweet herbs minced smal wth a little Orion an Anchovy or two a little salt peper & crums of bread & some butter fill ye belly with this then rub ye Eele all over wth ~~this~~ butter, draw up ye skin again tye a string round it, bend it backward & forward & so fasten it with scures tye it to a wooden spit rost it & baste it with butter.

A Cake Sister Harley

six pound of flower well dry'd, 7 pound of Currans unwashed, a pound of butter a quart of Creme, melt ye butter in ye Creme a pint of good Ale yest, 15 eggs half ye whites left out, half a pound of sugar 2 large nutmegs, a pretty quantity of mace some Cinamon & cloves, a quarter of a pint of sack (a quarter of a pound of almons). Put ye Currans flower sugar & spice together then mix ye Creme egs sack & yest together run all through a sive mix it well & put it to rise by a fire let it rise all ye time ye Oven is heating, an hour bakes it, Ice it as other Cakes are.

A Lemon Pudding

Take two Lemons & pare ym very thinn, beat ye pareings very well wth sugar then put in ye juice of ye Lemons, then put to it 16 eggs half ye whites left out 3 quarters of a pound of butter melted very thick beat it altogether sweeten it to your tast, you may either boyle or bake it.

To Pickle A Calves Head

Let ye head ly in water to take out ye blood y^n par boyle it and when it is cold take off ye fat and cutt ye rest of ye flesh in very thin peeces y^n take about 5 pintes of clean water put as much vineger to it as will make it sharp a little salt a good bunch of sweet herbs some onion a few bay leaves 2 races of ginger bruised a good spoonfull of whole peper let these just boyle y^n put in ye bones of ye Calves head and boyle y^n in for a quarter of an hour very fast y^n take out all ye bones and put in ye slict meat and boyle it till tender being carefull to take off all ye scum as it rises y^n lay ye meat in ye bottom of ye potts you bring it in to ye table and fill every one with ye jelly which must be run threw a jelly bag when tis cold it will be a prety stiff jelly and fitt to eat

Lady Twisden

To Make Cheesecakes

Run new milk with a little water and not too hott when tis come sink it take off ye whay draine it in a cloth till there is no whay att all left in ye curd you must keep squeesing it tell tis verry dry to a quart of ye curd rub in a pound of ye sweetest best butter tell tis verry well mixt y^n put in ye yolks of 8 eggs ye whites of 4 y^t have bin well beaten season it with nutmeg mace suger (and rose water if you please) to your taste you may put currence if you like it then make your crust with cold water butter sume suger and a little saffron to colour it roul it out put in ye stuf and close ye paste over it att ye 4 corners in pin bup ye paper y^t is under y^m as farr as ye crust goes put y^m in ye oven after they are risen and a little fallen again they are enough

---

Instead of Currans put in half a pound of Almons blanched & beaten fine with Orange flower water.

To make Orange cream

Take ye Juice of a dozen good Oranges & Sweeten it very well & boyl it till it is almost to ye thickness of a Syrup when it is clear then take ye yolks of ten eggs beaten very well in something less than a pint of Creame & when ye Syrup is so cold it will not burn then mix it together & let it stand over ye fire till it is enough, keep it continually stirring that it do not burn

Calves foot Jelly

A set of Calves feet & a knuckle of Veal boyled in 3 quarts of water till 'twill Jelly hard then run it thorow a Jelly bag & let it stand till its cold, then to every pound of Jelly take ye whites of two eggs, melt ye Jelly & put'em together with a little white wine & clarify it as ye do sugar, run it thorow a Jelly bag again, then season it with Lemon, or what you like & run it again thorow a bag into your glasses

ye Calves feet without ye knuckle of Veal dos best.

Cheese Cakes Mrs Stephens.

Take something better than a pint of good Cream, boyle it with a blade of mace, when it boyles up have ready mix'd two spoonfuls of flower wth about three spoonful of cold cream put it in & boyle it, stirring it all ye time, till its thick, then take it off ye fire & stirr it half a pound of fresh butter, let it be cold, run your milk let it be whey'd without touching that ye curd may be tender, rub it thorow a hair sieve beat eight yolks of eggs & two whites strain ye eggs with a little Orange flower water season it with sugar & nutmeg to your tast, put in about a quart of curd or something more mix all together with some Currans, so put it into your past, wch must be made with yolks of eggs & butter & cold water

These cheese cakes must be baked in patty pans, in a quick oven,

To stew Mushroomes

Cut off ye stalk & peele ym as soon as they are gathered & as you do ym throw ym into whitewine after half an hour draine 'em put 'em between two dishes upon a soft fire without any liquor when they have stewed a while put ye liquor that comes from them away & put 'em into a clean dish wth a sprig of Tyme one whole Onyon 4 or 5 cornes of whole peper 2 or 3 cloves a peice of Orang pill a good peice of butter some pure mutton gravy, Cover ym & let 'em stew on a gentle fire till tender then take off ye fatt & take out ye tyme spice Onyon & pill, then squeeze in ye juice of a Lemon grate some nutmeg on ye mushroomes, toss them three or 4 times then serve them.

Mushroomes wth creame

When they are peeled & wash'd put them between two dishes with Onyon & salt to stew till they have thrown off their water, then press them between two plates till well drain'd, cut ye large ones fry altogether with butter young Onyons or chives shred small some salt peper parsley & two slices of Lemon then let them stand some time to soake just before you serve them put some creame & let them boyle till ye sauce be thick.

Aunt Bromfields litle cakes;

some sinamon pounded & sifted 1 pound of Currans 1 pound of sugar ye yolks of 3 eggs 4 spoonfulls of Creme 1 pound of Butter; mix the butter & sugar togather till it is a paste then put in your Currans that are plumpt & mix it very well all ye while then put in your eggs & creme then put in well dryed flowr till it is stiff enuff; then put it in litle cakes upon doble round papers bake them in a quik oven &c

Lady Clinton

Biscakes

sugar one pound beten fine, 8 eggs beate togather one hour, 6 ounces of Almons beat very fine wth a litle Rose or orrang flowr watter; beat altogather another hour, then ~~put~~ mingle with them 10 ounces of flowr well dry'd a few Coriander seeds put all into pans buttered, when ye put them into the oven (which must be as hot as for manchet) sift a litle flowr & sugar over them; then take them out when baked at ye bottom, loosening them & let them quick on a line to stand in the oven till dry.

Lemon Wine

Take two pound of raysins of the Sun
stoned a ~~pint~~ of Sugar & three Lemons pare
two of y^m & Slice them & Slice ye other
unpared put all into an earthen pot then
take two gallons of conduite or Spring wa
let ye water boil by it self half an ho
scum it well y^n pour it boiling hot in
the pot to the other things & cover it
close & keep it warm with hot cloaths
a good while so let it stand three days
stirring it often y^n bottle it up in 3 or
6 days you may drink it The bottles must
be well stoped & kept ~~close~~ cool

thus you may make Plum Sprecock or
clove Gully flowers

Carraway buns

Take a pound & half of flower half a
pound of buter rub ye buter very fi
in ye flower 3 or 4 Spoonfulls of yest
and wet it with warm milk as fi
the cow knead it work the dough very

well together break it in peces & work
it again 2 or 3 times then lay it to rise
before ye fire then stir in it half a
pound of carraway comfits then make
ye up in buns & put ye in an oven as
hot as for manchet but ye will be
baked in a quarter of an hour

another way

Take a pint of good ale yest beat it
up with 6 spoonfuls of sack ye take
three pound of flower strain yo yest
into it wet it with warm milk
make it a pretty stiff dough & break it
& work it very well ye lay it to rise
before ye fire half an hour ye work in
it 3 quarts of a pound of butter & one pnd
carraway comfits ye make yo buns &
put ye in ye oven.

To make Bisket Carpin Hill

Take to a pound of flower a pound & quarter of Suggar & dry ym both in an Oven that is almost cold & beat your Sugar very fine, then take half an ounce of Coriander seeds & mingle them well together then take eight eggs & beat them with a little Orange flower water till they froth up, wett ye Cakes with it then lay them out upon tin plates & ice it with a little fine Sugar & flower put it in a peice of Tiffany & shake it on them as they go into the Oven, you must set them in as fast as they are laid out.

To keep Crabs & Lobsters

Wrap them up in Sweet & Course cloaths diped in Brine & buried in Califand in a Cool moist place

Liver Balls

Take Chicken Pigeon or any other Liver what quantity you please & put as much more Suett as liver, pound it well with a wooden pestill season it wth Nutmeg & Salt, let ye pan be pretty hot when you put ym in, this dos well in Pigeon Pies.

Jack Posset without Milk

Take three pints of Ale & seem it, put in it a stick of Cinamon broken & half a nutmeg cutt in peices, or more, Let them boyle a little while, then take twenty eggs yolks & whites beat them well & strain them, then take a pint of Jack & half a pound of Almons blanched & beaten wth Jack or Orange flower water & put them into ye Ale with sugar enough to sweeten it, then take it off ye fire & put in ye eggs last of all, & keep it always stirring after ye eggs are put in then set it over ye fire again, stirring it till it be as thick as you would have it, then put it into a bason with beaten Cinamon & sugar strawed upon it.

Sweet Bags

Take Orris roots 4 ounces, Benjamine 3 ounces Storax 3 ounces Cloves ~~3~~ 3 ounces Callamus Aromat: 2 ounces Cypris roots two drams Musk, Civett, Amber greece 12 grains beat all these together into powder then distill it wth Roses first a laying of Roses then of powder so do till ye still be full but let Roses be ye upermost then still it a little downe, then dry it in ye shade e every morning stirr it & pull it in peices tha it may not dry in lumps, you may lean out ye musk e amber & only anoint ye seames of ye bags with ye Civett, let it have one hour in ye funn, keep ye water that comes from it.

A Batter Cake

Take 6 pound of fine flower 5 pound of Currans 1 pound of Raisins stoned & minced. a pound of white sugar 2 pound of butter a quarter of an ounce of large mace a nutmeg grated half a pound of sweet Almonds blanch'd & beaten very small a pint & half of Creame boyl'd & let it stand a little while then put to it 3 quarters of a pint of sack & so mingle it wth ye rest, put into ye creame or sack a grain or two of Amber greece put therein a quarter of a pound of Caraway Comfits a little Citron sliced, Dates a quarter of a pound sliced & minced, A quart of ye best ale yest & 6 Eggs well beaten & mingled all together as you do an ordinary puding so that stiffness with a slice, when your Oven is pretty hot put in your Cake, let it stand an hour & half

If you make it without fruit you must put a pound & half of Almonds 2 pound of Carraway Comfets, Citron & Orange pill a good quantity Mix ye Caraways & Almons in ye Creame with ye sack & if you put sweet sweetmeats it must be either whole Currans, Raspberry, Cherry, Apre=cock or plum, You must put them in just as you put it into ye Coffen & clap it into a quick Oven.

A yeer before you use it, it will be much ye better.

Orange Pudding

Two Oranges boyled till they are tender take out all ye strings & seeds, pound it in a morter very smal, then take ye yolks of twelue egs & four whites, beat them very well then beat half a pound of fresh butter melted thick then (in a bason wth a spoon) beat in ye Orange & by degrees a pound of sugar keep it beating till tis put in ye Oven, put puff past under & at top, 3 qrts of an hour will bake it. This is best when made wth dried Orange Cakes.

Italian Biskets

Take ye finest sugar finely searced & gum Dragon steep'd in Orange flower water & a little white of egg beat it in a Morter till it come to a past then mould in it a little musk & Ambre & Caraway seeds, role it up in little bales as big as Apples cut it round like manchet put it in ye Oven reasonable hot upon pie plates & when they are risen a little take them out remoue them not till they are cold least they break.

My Fathers
Hair Powder

Pulv. pro Crin.

℞ Rad: Cyper rotund., Calam: Aromat., Lign:
Aloes, an. ℥ij, Rad: Iricos Florent: ℥x, Ambr:
grisea ʒi, mosch: ʒs.

Vel potius Ambr: grisea ʒiss, mosch ʒs, Zibet:
gr: x.) M. F. pulv. subtillissimus

As much fresh butter as well thicken ye sauce (wch will be at least a pound to 4 small carpes) when your butter is melted power in ye wine & blood & stir it in till its through hott, if you see yor sauce not thick enough put in more butter, just as its coming off ye fire put in 2 or 3 spoonfull of grated horseradish if there be spawne break some of it in ye sauce, Lay ye carpes in a warme dish power ye sauce upon them.

To bottle Goosberries

Gather yor Goosberies when they are at their full bigness before they begin to ripen, pick off ye stalkes e blackes put them in bottles corking ym very well, set them in a kettle of cold water, let ye water come to ye necks of the bottles not to reach ye corkes, make a slow fire under ye kettle let them stand till your goosberies begin to crack then take away your fire from under them & let them stand in ye water till it is cold, for taking ym out wn ye water is hot will break yr bottles, beat in ye corks again & tye ym downe wth leather or Radder over ye corks, let them stand in a coole place where it is pretty drye, e if ye Radders do not rot they will keep many yeers,

When

When you open a bottle you must use it presently, Before you use them boyle ym up with sugar & a spoonful or 2 of water. To a bottle of two quarts I put a pound & quarter of sugar & no more sugar when I put ym into ye tarts.

To make Chocolat

(Lady Hadley)

Set your Nutts into a frying pan that is not at all greasy, parch them till they are all black, as you do every pan full pour them into a wooden or earthen vessel, cover them up warme till ye next day, then peel them clean from shells, & to Ten ounces of Nutts, put six ounces of sugar, grind your Nutts fine before you put your sugar to them, then put ye sugar to it, If you put Canellies two good ones to a pound is enough If you love chocolat that is like ye spanish you must parch them to look black, but if you do not like ym so much burnt you may but just make them burning hott & put them together to sweat & they will peel ye next day but when they are much parched ye chocolat thickens much ye better & goes best off ye stomach some put spices but I never use any, a dram of Cinamon to a pound is ye comon quantity. If you keep it half

a

With ye best whitewine vinager put in some salt, some fenel & dill & let ym boyle together a good while then take it off ye fire & let it stand till it is cold then put it into your cowcombers: if you would have them green when they have stood a fortnight boyle their ~~pick~~ pickle & pour it into your cowcombers boyling hott.

To make puff Paste

Take two quarts of flower & rub into it one pound of Butter & break in 4 eggs leave out one yolk & then put in half a spoonful of ginger beaten fore make it up wth cream then role in another pound of Butter at 6 times & flower it every time & role it softly all one way.

Almond Jelly

Take a pint of milk half a pound of Almonds a peice of Heinglass a nutmeg quartered a grain of musk as much Amber greece, sweeten it with fine sugar then boyle these together till it comes to a Jelly.

To Dress Carpes

Keep ye Carpes in fresh water till you are just going to use them, then take them out of ye water & blood them in ye side neer ye tayle (or any part where they will bleed) let ym bleed into a little clarret wine, then cut ye throat of a chicken & let it bleed into ye other blood, beware to keep ye blood stirred till 'tis cold that it may not clotter, then scale your Carpes & draw em, keep ye liver, Melt or spanne, to put in ye sauce, have ready upon ye fire in yr fish pan Pickle made wth vinager & water an Onion or 2 cut, a good bunch of sweet herbs some whole peper a race of ginger a little whole mace a good handful of ~~[illegible]~~ salt, when it boyles take your carpes & dip ym 3 or 4 times into ye boyling Pickle to harden em, then lay them downe in ye pan to boyle & when they are boyled take them out upon ye fish plate & let ym be very well drained over a few coales, For sauce take some clarret wine 4 or 5 Anchovis a bunch of sweet herbs an onion some whole peper, let them boyle gently till ye Anchovis are dissolved, put in

To make Fritters

Take 2 quarts of flower 10 eggs one nutmeg grated a little
salt, temper ye flower e eggs together, then take half a pint
of sack e a pint of Ale e a pint of water warme them so
as they may warme ye rest: temper it so thin as you may
dip slices of Apple in it, e it not run from ye Apple, cut your
Apples in thin round slices, then dip them in ye batter &
fry ym in lard, turne them with a slicer, yor lard must be
hot enough to rise to ye top.

To pot Salmon

Take a middle peice of Salmon scale e bone it e dry it
a clean cloath take 2 nutmegs grated half as much mace
much cloves as mace e as much Cinamon e a little ginger
bruise the spice, take a handful of salt e mix wth ye spice
take ye Salmon e scotch it ye long way in 2 or 3 places
rub ye spice well in it, then put it into ye pots with
Butter, put ye skin side upward cover it well over wth p
first with Butter: Bake it with boulted bread, when it is
taken out lay it on your fish plate to drein, soe lay it in
pot & melt yor Butter, e fill it up to ye top.

An Italian Creame

Take a quart of Cream & boyle it: then take ye yolks of seuen eggs, beat them very well, then take about two ounces of flower of Rice & mix it wth ye eggs & a little Orangflower water sweeten ye cream to your tast, mix them all together & set it over a soft fire & keep it stir=ing all one way till it be thick enough then put it into your dish.

A Portingal dish

Take ye yolks of 12 or 14 eggs beat them very well wth a little Orange flower water & take a pint of spring water & sweeten it to your tast, let it boyle a good while & scum it well & put in your eggs & keep it stirring all one way till it be thick then put it into yor dish.

To Pickle Concombers

Wipe your concombers & put them into a pott strowing in a quantity of spice, Nutmegs, Mace Cloves some whole peper & a race of ginger, then make yor pickle

with

peices & mingle it with ye Beef as you lay it into ye pott thrust it hard downe into ye pot & past it over & put into a soaking oven, let it stand till it is tender when it comes out of ye oven pour away ye Gravy, & fill it up with clarified Butter.

To make Hams like Westphalia.

X

Take legs of ye best Porke & cut ym like Westphalia=hams, then take a pound of salt to a ham & a quarter of a pound of salt=peter fine & put it to ye other salt then put it in a skellit, & set it over ye fire till it be very hott & dry, then take a pound of six penny sugar to each ham & dry it well before ye fire, & when you have ruled about half yr salt well into your hams take a pound of sugar to each & mix it wth ye rest of ye salt & rub it in together till it is almost all rubed well in, then let ym lye three weekes, & then rub a little drye salt over them & hang them up in a chimney to dry where wood is burnt or in a stove.

A Fricasee

Take two Rabits & Chickens cut in little peices, p
ym into frying pan with some butter, let ye butter be very
fry ym a yellow browne, then take them out & put them
a stew pan with half a pint of gravey & whitewine
little water a bundle of sweet herbs ye Juce of a lemon
little lemon peel a nuttmeg grated a little mace shred a li
whole peper 2 or 3 Anchovis, let it stew pretty well, o
take ye yolkes of 3 eggs beaten up with some melted
butter, yn thicken it up but let it not boyle.

A Raggoon

Take a fillet of veale cut it in 3 peices flower it on bo
sides put it in ye stew pan with half a pound of ye best b
gyet melted let it stew till it be tender you may lard one pe
& shift it other, then take half a pint of Gravey as much wh
wine 2 anchovis some large mace & whole peper a bundle
sweet herbs a peice of lemon peel 2 spoonful of white wine
vinager, put all these into ye pan to ye veale shake it very
well together; when you serve it up put in two yolks of egg
& a good peice of butter, garnish ye dish wth hartichoke bottom
fryed, lemon & Barberies, Bacon & Oysters, forcemeat balls fryed
mushrooms, you may add Cocks combs pallets & sweetbreads.

A Jack Posset

Take 3 pints of Creame & set it over ye fire & put in a little Mace or nutmeg, let it boyle a little while, while ye Creame is boyling beat ten new laid eggs & put into a dish with half ye whites, beat them well with a spoon, when ye creame is boyled put in a garter of a pound of double refined sugar, stir ye sugar till it be dissolved then take it off ye fire & put in ye eggs stirring ye Creame then set it on ye fire again but before you keep stirring it still, let ye fire be so gentle ye 2d time that ye Creame do not boyle. while ye Creame is stirring over ye fire take a silver poringer & put therein a little Jack & sugar, ye Jack must be scalding hott & in that time ye Creame must be taken off ye fire & stirred till it be coole as milk from ye Cow, then warme ye bason you intend to make ye posset in then put in ye Jack & as it cometh from ye fire let one pour ye Creame in gently while another stirrs ye Jack & Creame together wch must be leafure then take a little Amber Greece & musk mixed together wth some fine sugar & strow upon ye top & it will infuse of it self.

To Pot Tongues

Take pump water put into it so much salt till it b
bear an egg then boyle it very well so let it stand till
is cold, then take your tongues slit ye roots & put to ea
tongue half an ounce of salt nitre beaten rub it well up
ye tongues then put them into ye pickle and let them lye
three weekes, then boyle them till they will peel then cut
off ye roots & take grated nutmegs a little salt & rub upon
y^m, you must alow a nutmeg to each tongue, then put them
into a pot put some butter at ye bottom of ye pott, then put
in ye tongues & lay butter all over y^m for put y^m into
an Oven with browne bread when they come out of y^e
Oven fill up ye pot wth clarified Butter.

To pot Beef

Take eight pound of ye lean part of a peice of buttock b
cut very smal then beat it very well pick out all ye sti ng
& bits of skins as you beat it, then season it with sa
& Jamaica peper & ordinary peper, then take a
pound & half of ye fatt of Bacon cut it in little peices

To preserve Citorns

Take ye smoothest kinde Citorns & ye palest, if you would not have ye kinde on you may pair it off very thin, but I think it best one and scrape some ye Looks black & ill if you pleas, yn weigh ym & two every pound of Citorns one pound & a quarter off Good Lofe sugar & a pint of water, when ye Citorn is weighe rub it over wth salt very well, & sowe ym up in a cloath & put ym into Cold water & so Lett ym boyle till thay be so tender ye a straw will run through it, & in ye boyling change ye water once, but Lett ye water be hot before you put it to it when you change it or it will harden it, when it is tender enough have your sugar & water ready boyle two a thin syrup & put your Citorns to it as hott as you can, but first dry of all ye water, & Cut it open, & in what pieces you Like, quarters I think best, & take out all ye strings & seeds & meat as clean as you can & as fast put ye Citorn in too ye syrup & Lett ym boyle a Good pace but not to break, till you see ym Look clear & are tender, yn you may take ym up & Lay them in a Gally-pot yn boyle ye syrup a Little more, & take to every pound of Citorn ye Juyce of 2 Lemons, put it in a poringer wth as much sugar as you think will sweeten it & warm it a Little before you put in ye other syrup, so Give it all a Good boyle together till you see ye syrup be thick enough

but ye Lemons must not boyle to Long in it neither for fear of tasting bitter, yn take it of & poure it on ye citorns, so you may keep it in ye syrup & remember also to boyle in it a Little mask & Amber bruised wth som sugar tyed up in a bit of tiphiny & keep it in ye pot

And if you pleas to have som in Jelly take it out & Let it drean from ye syrup 2 or 3 hours or ye syrup will thin ye Jelly; dry it well with a cloth, yn boyle, sugar to a Candy height & put with it clear Jelly of Apples, a pound to a pint & boyle it to be a Little thick in ye spoon yn put in ye citorn in slices or what pieces you pleas & boyle till enough & allow to every pound ye Juyce of 2 Lemons which you must put in a Little before it is enough for ye Lemons must boyle but a while, & heat it when you put it in, I think without sugar, & if you have a minde to dry any of this you may take out some pieces at any time & dry ym & yn dip ym in a Candy & will dryl well

Chocalat Cream

to about a pint of Cream put ye yolks of 4: Eggs well beatten sweeten it wth white sugar, & put it over ye fire stirring it till it is pretty thick, y^n take it off ye fire & put in as much Chocalat Grated smal as will make ye Cream of a Dark Couler Mill it wth a Chocalat mill till it is dissolved & mixed wth ye Cream & cold y^n pour it into your Glasses perfume it wth a little Amber if ye Chocalat has none in.

To Bake an Oxe tongue

Boyle it till tis tender, & slice it into broad peices, & mince a good gantity of marrow small, put it into ye bottome & lay ye slices of tongue upon it, and between every slice lay ye minced marrow, & put a little salt upon it, so let it Bake an hour, and when it is Baked, take a pint of red wine, e a little vinager & half a manchet cutt in toste & tosted a little, & put to ye vinager & wine, e streine them alltogether, then take few cloves & mace e Cinamon & boyle together till it is somewhat thick, then make a hole in ye Pye, e put it in, e set it after in ye oven a garter of an hour e so serve it up.

To Distill a pig which is restoritine
for a weak body or one y
is in a consumption proved
upon who lived 47 years after

Take a pige that is well fleshed butt no
fatt scalds him and washe him very
clean and dray him with a clean clott
as dry as you can quarter it and take y
head and allso y flete then take an erthen
pot of a bottel and putt in with a quarter
of a pound of dates on quarter of a pound
of pruants as much currants halef an
ounce of Sinamon rynds as much whole
mace and halef a quarter of a pound of
Sugar candy on handfull of Sichory
halef a handfull of mayden haer which
is to be had att all times att y appothe
rarys as much bloud word as much leguar
worth as much harts tunge uiolet leves
Strawbury Leues fennell roots 2 or 3 youn
ones y pithe take out sweet mariorum

Almond Butter

Take a pint of sweet Creame ye yolks of 6 eggs mingle ye Cream e eggs together, take half a ~~pnd~~ of Almonds blanch e beat ym very well wth some rose water to keep um from oyling then put in a little new milk grind yt wth ye Almonds then strain ye Almonds wth yt milk wring it as hard as you can then take yt milk e mingle with ye creame e eggs then set it on ye fire stirring it continualy till you see it turn wch will be so soon as you set it on ye fire to seeth then take it off ye fire e let it stand a while then let it run through a fine strainer then hang it up yt all the whey may run ~~through~~ from it, when 'tis cold season it with rose water e sugar, you must be sure to break it well with a spoon when you season it.

Pease Porrage

Take a leg of Beef break ye bone put into a p

them stand till they are coold To prepare
ye coolar and then boyel them againe
so tell they are enoughe which you
shall know by the clearness of y^e
settoren

To sowce a pegg

first take a sowe pegg some what more then a fortenight old and scalde it very white and cutt it in pecis and lay it in runing watter all night and ye next day take a fair pan putt in a gallon of watter runing puttel of white wine vennigar putt all this to gother and sett it on ye fire and when ye licor doth sethe putt in ye pegge with two handfulls of greene bay leaues and salts ~~then take~~ as you thinke good to seson it then take two sticke of sinamon and breacke them in smael pecis then take nuttmegs cutt them in quarters 10 or 12 great long macis and sett all this seth all nast twe hewer and ye next day it will be a gelly then take a fair dish and when you will take it up take some of ye pegge and ye gelly and spicis and ye bay leaues a toffe it

How to Pickell Barbarys

Take A great many of Slows and boyle them in a kettell of watter till they be very thick and boyld to mash then take them of and strayn it and then Put your barbarys being gathered full Ripe into them Putt them into an Earthen Pott Lugor next them as you do to swett meats Couer them Close and so Keepe them for your Vice

911

To prefarue fittorens

first paer them and cutt them in two
and take out ye meatte and lay ye fittoren
when it is cutt and ye meate take outt in
wattor for two days and two nights ~~then~~
shifting ye watter morning and night
then take them out and sprinkel a
lottle salte upon ye out side of ye fittor
en and so sowe it up into clothe and
boyel them in a greate kettel of wattor
~~boyel~~ butt lett your wattor boyel first
and so keepe it boyling as fast as you
can tell they be tendor then take
them up and putt them into coold
wattor tell ye next morning then take
them out and may them with ye waight
and quarter of sugar and to eury poume
of sugar putt a full pint of watter make
your surrope first scume it & putt your
fittoren in cutt as you would have it &
boyl them 3 or 4 wallems and then Lett

To make almound Iumba

Take to half a pound of Iurdey almon
a pd of double refined Sugar beaten & sarb
blanch & beat ye allmonds very small put a
little rose water to keep ym from oylings
but have a care you ~~put~~ put not to much
then take half ye Sugar & boyl it to a sug
agame ye put to it ye allmonds & stir a ming
them throughly togather then set ym on ye cole
not to hot & keep ym stiring for fear of burning
till they are very dry then take them off ye fire then
put ~~to~~ ye rest of ye sugar to it & as much white of
eggs beaten to a froth & will work it into a past.
then lay ym in what form you please bake ym in
a stove with cole Cinders when they are risen and
begin just to coler take them out. let ym stand till
they are something cole ym take ym of ye papers with
Knife, an Oven dos much better

Mrs Burghe

Minch Peys

Take a neats tonge and parboyel it a lettle when it is coold take it and slice it in thin peis a bout the begnes of a half crown then take twice the quantety of suet and half the quantety of all the meate curants is best in frute but first mince ye meate and suit all together as small as you will haue it then take nutmegs cloves and mace a lettle peper som sugar mexed with your spice a lottle Lemon piell cut as smal as is posabel some pipins 2 or 3 or more some roes water and twice as much uargis and carraway seeds a fue dates cutt and a fue pruants if you like it and if you putt treasons of ye June you mouft stoen and shrede them but only currans is best Lett all your meats and spices and uarges and apples be mingeled well togather before you put in your frute cutt in some prefarue sittoren and Lemon

to drye Cherries White

Take Cherries wn ye begin to look clear before ye be red e stone
ym loosening ye stone round ye stalk with a pin yn weigh ym e
to a pound of Cherries take 3 ounces of sugar finely beaten e
put ye cherries into a skillit wth ye sugar e as much water as
will cover ye bottom of ye skellit stirr it all together well wth
your hand e ~~set~~ (on a very quick fire) as long as you can suffer
it e yn lightly with a spoon all ye white let yn boyle as fast
as you can till ye begin to shrivell e most of yn be tender, then
take yn off ye fire e put yn into a gally pot wth ye surrup but cover
them not till ye be cold to let yn stand 12 or 14 houres, then
put yn into a sieve to draine all ye surrup clean from yn
then take 5 ounces more of sugar e as much water as will wett
it e make ye surrup boyle it till it will fall thick out of ye spoon
yn put it hot wth ye cherries into a gally pot e let yn stand as
before yn set ye pot upon embers stirring ye cherries till ye be warm
but let yn not boyle yn take yn out e wipe off ye surrup with your
hands e put yn on glass plates wth ye holes downwards yn set
ym in a warme stove e keep yn wth a temporate heat 10 or 11 hours
yn put yn on clean glasses wth ye same side downwards every
time you put yn on ye glasses you must wipe off ye surrup wth your
hands e wash e drye your hands often e close ye holes e flat yn as
much as you can set yn again in ye stove wth a temporate heat about
8 or 9 houres yn take yn out e smooth yn wth your fingers e turne ye
other side downwards on clean plates e set yn in ye stove for 12 houres yn
take yn out of ye stove e put yn in paper close together e keep
ym but not too near ye fire.

A Carpe Pye

Take Carpes Take off ye scales take out ye great bones pound ye carpes in a stone morter pound some of ye blood wth the flesh wch must be at ye discretion of ye cook bec: it must not be too soft. yn lard it with ye belly of a very fatt Ele season e bake it like red deer eat it cold

This is meat for a Pope.

To butter Lobsters

Take your lobsters

To bake Oysters

Take your oysters & open ym reserving their liquor in a clean dish ym parboyle ym in ye same & put ym in a Pye wth some sweet herbs shred small together wth a whole onion so you may take it out again & wn you serue ym away put to them some butter & barberies either in a bunch or seuered & a little whole mace.

To stew Oysters

Stew your Oysters in yre owne Liquor wth a little rosh wine or sack & a little grated bread & sweet butter & put ym into a dish wth spice of bread & put to ym a lemon sliced or minced wth ginger & sugar about ye dish edge.

To fry Oysters

Make a batter wth some yolks of eggs & flower wth a little spice & role your Oysters being parboyled in ye batter & so frye ym in butter & serue ym wth a few slices of lemon & fried parsly.

To roast a shulder of mutton in blood.

When ye sheep is killed save ye blood & spread ye caule open upon a table yt is wet yt it may not stick & as soon as you have layed ye sheep cut off a shulder of it & having hne picked & shred mingle it wth some of ye blood shift your shulder of mutton wth it inside & outside & cuts every hole wth a spoon put in some of ye blood after ye herbs are in then lay ye shulder upon ye caule & wrap it close about it yn lay it into a tray & power all ye rest of ye blood upon it so let it lye all night if it be in ye winter & then roast it.

pound of ye best butter & half a pnd of ye best sweet Almons
a qt & a pnd of sugared caraways beat ye Almons very small
in a Morter then break your butter in little peices into your
flower e mingle it well together & then put in ye caraways
& spice & half a pnd of sugar e ye Almons then take a quart
of creame e half a pint of sack & make a posset wth it &
sweeten it wth sugar then pour it into ye cake & a quart of
good Ale yest & mould it up well together & then put in
your Currans & when it is well moulded make it up into a
cake not too thick e so put it into a well heat oven & when
it is baken enough doe it all over with ye white of an
egg well beat & as you wet it scrape fine loaf sugar upon
it & put it into ye oven again. you must before ye posset
be quite cold before you put it into ye cake.

A Cake

Take a peck of flower cut into it 3 pnd of butter break yn well
together with your hands then put to it 2 pnd of sugar 3
nutmegs grated 5 pnd of currans 2 pnd of Raisons stoned e
cured mingle all these together then put into it a quart
of yest e 6 yolks of eggs then wet it with posset drink
made wth sack & milk lay it on a warme cloath to rise
awhile & then put it in your ring e bake it.

Curran Cakes

Take a pnd & searced sugar e a pnd e qt & flower mix them

together e knead them with ye yolks of fine eggs e a little thick
creame e rose water a little butter, knead it prety stiff then
role your dough as big as you will have your cakes as thin as
a leaf have your currans very well washed picked e dried then
wet ym wth good rose water a prety quantity of grated nutmeg
& seared sugar e some Jelly of Raspberies strew all together
one spoonfull will make a cake but ye currans must be layd
one by one, wett your dough a little wth ye rolled out yt ye leaves
of ye cake may stick together yn round it wth a paging iron
e lay ym on paper well flowred e set ym into an oven
not too hott if they leave lay one of ym upon a notter ye
currans must be washed e picked ye night before you make ye
Cakes yt ye may plump a little.

pined & ~~nafted~~ Shred very small half a pound of Almonds
nched & beaten very small wth a little rose water half a pound
fine sugar first mingled, then knead all these very well
gether, then let them lie a full hour in ye dough when
our oven is ready make up your cake let not ye oven be
hott close not ye mouth of it but stirr your cake now
then, let it not stand a full hour in ye oven, against
draw it have ready some fine sugar in powder &
rose water beaten very well together in a spunge
dipping a little brush or tuft of silk wet your cake
n ye top very well then lett it in ye oven to drie
hen you draw it again twill be covered all over as it
re with Ice.

A Caraway Cake

e a pnd of flower well dried a pnd e half of fresh
r rub your butter well into ye flower till it be like
es of bread e no butter to be seen then take one
of creame e one pint of milk boyled e cooled then
butter yn half a pint of ye best ale yest & put it into
flower wash as much of ye warme milk as will make it
me from your hands work it up putting in 3 or 4
ounces of sack e rose water before you put in ye yest o
then put it into a cloath to rise by ye fire when it

has rise one hour take ye spread it abroad e strew in it a pound of grater naples bisket & 3 qtrs of a pnd of caraway Cumfets work it up as fast as you can e put it into your oven. I have by experience proved it better to put ye grater bisket e cumfets in at ye first mingling & to beat ye yest nigh an hr before you put it in.

Another seed cake

Take a pnd of fine flower one pnd of sweet butter rub well in it then take a pint of sweet Creame let it be warme as for manchet take above half a pint of good ale yest & put it into your flower nigh a little rose water e strow in a little salt put in so much of ye warme creame as will wet it yt it just come from your hands for it must not be too stiff then warme a cloth e put your past into it e let it rise in a tray before ye fire whilst that your oven is heating e wn his fit put in a pnd of bisket cumfets & half a pnd of caraway cumfets only keeping out some to strow on ye cake so make it up as fast as you can e set it to ye oven. If you put allmonds in beat them e strain them into your Creame.

A fine cake

Take 7 pnd of fine flower well dried & 6 pnd of ye best currans when yor currans are well washed & picked put them in a great dish & dry them upon a chafeing dish of coales near fire, then take nutmeg cinamon & cloves & mace

French Cakes

Take a pound of flower as much sugar searced & mingle it with ye flower yn take ye yolks of 12 eggs beaten with a spoonfull of rose water yn mingle your sugar flower & eggs together with a spoonfull of ginger finely beaten & searced then beat all these together an hour, when you see it looke white put in your seeds wch must be a spoonfull of Carraway & a little coriander, When you have beaten it about a quarter of an hour put fire in ye oven, & when it is ready put a peice of paper in & if it do not couler it be fit for the stuff to be put in, & then you must butter your plates & put yor stuff into ye plates, as they are ganginto ye oven set a little refined suger upon yn wch will give a fine gloss

A fine Cake

Take a qt of a peck of ye finest flower one pint of cream 3 qts of a ~~pod~~ of butter gently melted ten yolks of eggs ~~a good dispoonfull of yest season it with salt~~ well beaten power all into ye flower with about a pint of good Ale yest strained half a qt of a pint of Rose water wth some Musk or amber greece dissolved in it season all wth salt & a penniworth of cloves & mace & a little nutmeg finely beaten a pound & half of ye best currans well picked washed in warme water a pound of ye best raisins

Receipts
Culinary.
Unnamed -

BOUND BY MALTBY OXFORD

Drewed 6/1/82